Resource Card (front)

Health Tips

- Correctly installed
- Assert that child safety seat is
- Smoke
- Avoid exposing baby to secondhand
- Place baby on his/her back to sleep
- Get help if needed
- Learn the signs of depression and
- Breastfeed your baby
- Sexually transmitted diseases
- Get tested and treated if needed for
- 12 weeks of pregnancy
- Begin prenatal care within the first
- If you are pregnant
- Avoid drinking any alcohol
- Take a multivitamin with 400 mcg of
- Quit smoking

Preparing for a Lifetime
It's Everyone's Responsibility

Learn what you can do to help ensure
Oklahoma's babies are safe and healthy.
Visit http://iio.health.ok.gov
Helpful Resources

Call 211 Helpline
(information and referrals)
www.211.org

AIDS Hotline
1-800-535-2437 www.hivtest.org

Breastfeeding Hotline
1-877-271-MLK (6455)
http://bis.health.ok.gov

Child Abuse Hotline
1-800-522-3511
http://fspb.health.ok.gov

March of Dimes, Oklahoma Chapter
(405) 943-1025
www.marchofdimes.com

Oklahoma Areawide Services
Information System (OASIS)
1-800-426-2747
http://oasis.ouhsc.edu

Oklahoma Domestic Violence
Hotline 1-800-522-SAFE (7233)
www.ocadvsa.org

Oklahoma Tobacco Helpline
1-800-QUIT NOW (784-8669)
www.ok.gov/stopwithme/

Text4Baby (free texting service
offering pregnancy information)
www.text4baby.org

Oklahoma City-County Health
Department (405) 427-8651
www.cchdoc.com

Oklahoma Poison Control Hotline
1-800-222-1222
www.oklahomapoison.org

Postpartum Depression Hotline
1-800-944-4PPD (4773)
www.postpartum.net

Reach Out Hotline (substance
abuse and mental health concerns)
1-800-522-9054
www.odmhsas.org

SoonerCare/SoonerPlan
(Oklahoma Medicaid)
1-800-987-7767 www.okhca.org

Tulsa Health Department
(918) 582-WELL (9355)
www.tulsa-health.org

To locate your local
county health department
1-800-522-0203 www.health.ok.gov

Oklahoma State
Department of Health
Creating a State of Health