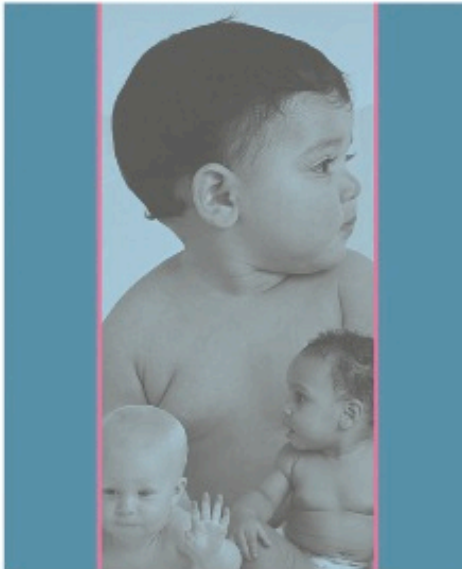


Resource Card (front)

Quit smoking
Take a multivitamin with 400 mcg of folic acid daily
Avoid drinking any alcohol if you are pregnant
Begin prenatal care within the first 12 weeks of pregnancy
Get tested and treated, if needed, for sexually transmitted diseases

Breastfeed your baby
Learn the signs of depression and get help, if needed
Place baby on his/her back to sleep
Avoid exposing baby to secondhand smoke
Assure that child safety seat is correctly installed

Health Tips



**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>

Resource Card (inside)

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-MILK (6455)
<http://bis.health.ok.gov>

Child Abuse Hotline
1-800-522-3511
<http://fsps.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/stopswithme/

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