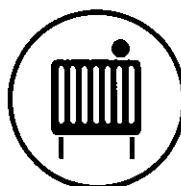


IMMUNIZE your child.

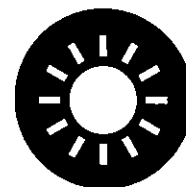
- Start your baby's shots on time.
- Keep your child's shots up-to-date.
- Take your child's shot record with you to every doctor visit.
- Ask the doctor or nurse what to expect after the shot.
- Keep your child's shot record in a safe place. You will need it for school and child care.



PROTECT BABIES from sudden infant death syndrome (SIDS).

- Put babies to sleep on their back.
- Don't place things such as soft stuffed toys, pillows or bumper pads in the crib with the baby.

PROTECT CHILDREN from too much sunlight.



- Keep infants out of the sun.
- Apply sunscreen to children before they go outdoors.
- Have child wear tightly woven, loose fitting clothes and a hat.

PROTECT children's teeth.

- Do not let babies fall asleep with a bottle.
- Wipe or brush their teeth and gums every day.
- Start using fluoride toothpaste at about age 2.
- Give children a variety of healthy foods.
- Offer children water instead of sweet drinks.
- Take your child to the dentist at least once a year.

FIRST 5 CALIFORNIA
HEALTH TIPS
A HEALTHY CHILD

Santa Cruz County Health Care Outreach--for info about Healthy Kids Health Plan, Healthy Families, Medi-Cal, Central Coast Alliance for Health, California Children's Services, Child Health & Disability Prevention Program: 454-2515 or 763-8568 or 763-8908

WHERE to find help

Have more questions about your child's shots?
 Check the local phone book and call your local Health Department.

Have more questions about Asthma or allergies?

Call the Allergy Asthma Network
(800) 878-4403

Call the Asthma and Allergy Foundation of America
(800) 727-8462

Wonder where to find a dentist?
 Call the California Dental Association:
(800) 232-7645 or (800) CDA-SMILE

Call the California Society of Pediatric Dentists:
(800) 503-9780

Interested in learning more about the Healthy Families health insurance program?
 Call **(800) 880-5305**

Have questions about Medi-Cal? Call **(800) 322-6384**

Want to quit smoking?
 Call the California Smoker's Helpline at
(800) 662-8887 or (800) NO-BUTTS

Want to find out more about SIDS?
 Call The California SIDS Program:
(800) 369-7437 or (800) 369-SIDS
 Call The Back to Sleep Campaign: **(800) 505-2742**



DON'T SMOKE around children.

- It's never too late quit.
- Never smoke around children and pregnant women.
- Ask friends and family not to smoke in your home or car.



DOES A CHILD have asthma? Asthma is a disease that can make it hard to breathe. It is a serious health problem, but is treatable. Tell the doctor or clinic if a child:

- Coughs a lot or has trouble breathing when playing (during or after physical activity) or sleeping (awakes coughing in the night or early morning).
- Wheezes or makes whistling sounds from the chest.
- Has head colds that "go to the chest" and last more than 10 days.
- Coughs, wheezes or has a hard time breathing around pets, pests, grass or weeds, tobacco smoke, perfume, dust, molds, some foods or when the weather changes.