



Please take note that pregnancy testing is optional, unless a judge orders it.

Por favor, tenga en cuenta que la prueba De embarazo es opcional, a menos que un juez lo ordena.

请大家注意，怀孕测试可选的，除非法官命令它。

Mangyaring tandaan na ang pagbubuntis pagsubok ay opsyonal, maliban kung ang isang hukom order na ito

Xin lưu ý rằng xét nghiệm thai là tùy chọn, trừ Khi một lệnh thẩm phán nó

IMPORTANT CHANGES Car Safety Seat Law



Children under age 8 must be properly buckled into a car seat or booster in the back seat.

Children age 8 or older, or who are 4'9" or taller, may use the vehicle seat belt if it fits properly with the lap belt low on the hips, touching the upper thighs, and the shoulder belt crossing the center of the chest. If children are not tall enough for proper belt fit, they must ride in a booster or car seat.



Everyone in the car must be properly buckled up. For each child under 18 who is not properly secured, parents or the car or driver can be fined more than \$475 and get a point on their driving records.

Note: Booster Seats with a seat belt for use in 1-12 high back booster seats and booster 120 and 110 lbs.

Keep your children safe. It's the law!



For answers to your child's safety seat questions, contact your local health department or visit dph.wa.gov/psg



<http://doh.wa.gov/psg>

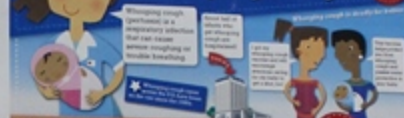
New Perinatal Coordinator

If you are pregnant, have a child 6 months and younger, have an open CPS Case, are looking for substance abuse treatment or any referrals/support that will assist with you and your children, please send a message request in for Ashley, the Perinatal Coordinator.



ARIZONA

Protect Babies from Whooping Cough



Create a circle of protection around your baby



Like it? Tell a friend! It's important!

www.cdc.gov/whoopingcough



What's a doula?
Doulas are trained in women's health issues, but we're not doctors or nurses.

Topics covered at Doula Circle include

- Pregnancy and birth
- Relationships
- Parenting
- Body Image
- Menstruation
- Communication
- Stress Management

Doula Circle

Mondays 1:30-3pm

Join us every week for a safe space to discuss women's health and empowerment, ask questions, share what you know, and get peer-support.

Begins this Monday 11/17!



flu shot reminder

As part of your prenatal care, your doctor recommends getting a flu shot anytime during your pregnancy.

Getting a flu shot is a safe way to prevent possible flu-related complications.

Millions of pregnant women have safely received flu shots for many years.

Pregnant women should not get the nasal spray vaccine.

A flu shot during pregnancy protects both mom and baby (up to 6 months of age) from flu.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

To learn more, visit www.cdc.gov/flu

Begin with Love

You can help your baby learn better and be happier just by following these five simple guidelines.

Talk, sing and read to your baby.

Let your baby hear your voice as much as possible. The newborn brain is especially interested in sound; it is the building block for speech and language. You can form a deep emotional connection between you and your baby by simply sharing the sound of your voice.



Understand and respond to your baby's needs.



You can't "spoil" an infant, so go to her when she fusses or cries. This teaches her that you care about her needs and that she can trust you. Ignoring a baby's needs can do harm by causing stress levels to rise. You may not always understand your baby's cues, but be patient. This is a learning process for both you and your baby.

Take care of yourself so you can take care of your baby.

Becoming a parent can be overwhelming and exhausting. Unless you take care of yourself, you will have a hard time taking good care of your baby. It is important to have support from friends, family or community organizations. Do not be afraid to ask for help caring for your baby.



Create a predictable world for your baby.

Providing routines and expected responses gives your baby a sense that the world is a trustworthy place. It also teaches him that he can depend on you. If your baby understands this, he will spend less energy fussing over his needs and more time learning. Routines can include basic activities like feeding and bathing.



Provide a warm and loving environment.

Helping your baby feel safe and secure is the key to encouraging growth and development. A newborn who feels loved will have an easier time learning about the world around her. Therefore, make sure you interact with your newborn providing love and affection.



CIVITAS
Tools for Shaping Children's Lives®

To purchase the Begin with Love video in English or Spanish, or for other Civitas products, call 1-800-TO-BEGIN, or log on to www.civitas.org.



STD Facts

STD

What to Watch For

How You Get It

If You Don't Get Treated

Chlamydia

- Symptoms show up 7-28 days after having sex.
- Chlamydia affects women and men.
- Most women and some men have no symptoms.

Women:

- Discharge from the vagina.
- Bleeding from the vagina between periods.
- Burning or pain when you urinate.
- Need to urinate more often.
- Pain in abdomen, sometimes with fever and nausea.

Men:

- Watery, white drip from the penis.
- Burning or pain when you urinate.
- Need to urinate more often.
- Swollen or tender testicles.

- Spread during vaginal, anal or oral sex with someone who has chlamydia.

- You can give chlamydia to your sex partner(s).
- Can lead to more serious infection. Reproductive organs can be damaged.
- Women and possibly men may no longer be able to have children.
- A mother with chlamydia can give it to her baby during childbirth.

Gonorrhea

- Symptoms show up 2-21 days after having sex.
- Most women and some men have no symptoms.

Women:

- Thick yellow or gray discharge from the vagina.
- Burning or pain when you urinate or have a bowel movement.
- Abnormal periods or bleeding between periods.
- Cramps and pain in the lower abdomen (belly).

Men:

- Thick yellow or greenish drip from the penis.
- Burning or pain when you urinate or have a bowel movement.
- Need to urinate more often.
- Swollen or tender testicles.

- Spread during vaginal, anal or oral sex with someone who has gonorrhea.

- You can give gonorrhea to your sex partner(s).
- Can lead to more serious infection. Reproductive organs can be damaged.
- Both men and women who no longer be able to have children.
- Can cause heart trouble, skin disease, arthritis and blindness.
- A mother with gonorrhea can give it to her baby during childbirth.

Hepatitis B

- Symptoms show up 1-9 months after contact with the hepatitis B virus.
- Many people have no symptoms or mild symptoms.
- Flu-like feelings that don't go away.
- Tiredness.
- Jaundice (yellow skin).
- Dark urine, light-colored bowel movements.

- Spread during vaginal, anal or oral sex with someone who has hepatitis B.
- Spread by sharing needles to inject drugs, or for any other reason.
- Spread by contact with infected blood.

- You can give hepatitis B to your sex partner(s) or someone you share a needle with.
- Some people never completely.
- Some people cannot be cured. Symptoms go away, but they can still give hepatitis B to others.
- Can cause permanent liver damage or liver cancer.
- A mother with hepatitis B can give it to her baby during childbirth.

Herpes

- Symptoms show up 1-30 days or longer after having sex.
- Some people have no symptoms.
- Flu-like feelings.
- Small, painful blisters on the sex organs or mouth.
- Itching or burning before the blisters appear.
- Blisters last 1-3 weeks.
- Blisters go away, but you still have herpes. Blisters can come back.

- Spread during vaginal, anal or oral sex, and sometimes by genital touching, with someone who has herpes.

- You can give herpes to your sex partner(s).
- Herpes cannot be cured.
- A mother with herpes can give it to her baby during childbirth.

HIV/AIDS

- Symptoms show up several months to several years after contact with HIV, the virus that causes AIDS.
- Can be present for many years with no symptoms.
- Unexplained weight loss or tiredness.
- Flu-like feelings that don't go away.
- Diarrhea.
- White spots in mouth.
- In women, yeast infections that don't go away.

- Spread during vaginal, anal or oral sex with someone who has HIV.
- Spread by sharing needles to inject drugs, or for any other reason.
- Spread by contact with infected blood.

- You can give HIV to your sex partner(s) or someone you share a needle with.
- HIV cannot be cured. Can cause illness and death.
- A mother with HIV can give it to her baby in the womb, during birth or while breastfeeding.

HPV/ Genital Warts

- Symptoms show up weeks, months or years after contact with HPV.
- Many people have no symptoms.
- Some types cause genital warts:
 - Small, bumpy warts on the sex organs and anus.
 - Itching or burning around the sex organs.
 - After warts go away, the virus sometimes stays in the body. The warts can come back.
- Some types cause cervical cancer in women:
 - Cell changes on the cervix can only be detected by a Pap test from a health care provider.

- Spread during vaginal, anal or oral sex, and sometimes by genital touching, with someone who has HPV.

- You can give HPV to your sex partner(s).
- Most HPV goes away on its own in about 2 years.
- Warts may go away on their own, remain unchanged, or grow and spread.
- A mother with warts can give them to her baby during childbirth.
- Some types can lead to cervical cancer if not found and treated.

Syphilis

- 1st Stage:**
- Symptoms show up 1-12 weeks after having sex.
 - A painless sore or sores on the mouth or sex organs.
 - Sore lasts 2-6 weeks.
 - Sore goes away, but you still have syphilis.
- 2nd Stage:**
- Symptoms show up as the sore heals or after.
 - A rash anywhere on the body.
 - Flu-like feelings.
 - Rash and flu-like feelings go away, but you still have syphilis.

- Spread during vaginal, anal or oral sex, and sometimes by genital touching, with someone who has syphilis.

- You can give syphilis to your sex partner(s).
- A mother with syphilis can give it to her baby during pregnancy or have a miscarriage.
- Can cause heart disease, brain damage, blindness and death.

Trichomoniasis ("Trich")

- Symptoms show up 3-14 days after having sex.
 - Affects both women and men.
 - Many people have no symptoms.
- Women:**
- Itching, burning or irritation in the vagina.
 - Yellow, greenish or gray discharge from the vagina.
- Men:**
- Watery, white drip from the penis.
 - Burning or pain when you urinate.
 - Need to urinate more often.

- Spread during vaginal sex.

- You can give trich to your sex partner(s).
- Uncomfortable symptoms will continue.
- Men can get infections in the prostate gland.

For more information, see STD Facts pamphlet (the STD and HIV Fact packet) on page 10.

STD Facts packet Title No. 8525



INFORMATION FOR PREGNANT INMATES

Inmates known to be pregnant or in recovery after delivery, shall not be restrained by the use of leg irons, waist chains or handcuffs from behind the body.

Pregnant inmates in labor, during delivery, or in recovery after delivery, shall not be restrained by the wrists, ankles or both, unless deemed necessary for the safety and security of the inmate, staff or the public.

An inmate known to be pregnant or in recovery after delivery shall not be handcuffed in the front of the body unless restraints are deemed necessary for the safety and security of the inmate, the staff, or the public.

Restraints shall be removed when a professional who is presently responsible for the medical care of the inmate during a medical emergency, labor, delivery, after delivery or recovery determines that the removal of restraints is medically necessary.

While you are in custody within this county jail, and it is confirmed you are pregnant, the following standards and policies governing pregnant inmates will apply to you:

Facility medical staff will ensure necessary medication and vitamins, as recommended by a doctor, are available to you.

Prenatal and postpartum information, health care information and childbirth education/infant care will be provided to you by the facility's medical staff.

Medical diets, which are balanced and nutritious, will be authorized by the facility medical staff during the intake process, or after you have been housed.

Pregnant or lactating inmates will be given 8 ounces of milk at each meal and a snack with 8 ounces of milk during the evening. The housing unit deputy will ensure the snack is received by you.

For your protection, you have been provided this information to assist with your pregnancy while in custody.

If you have questions, you are encouraged to speak to custody staff, a nurse or other medical professional assigned to this facility.

OB-GYN CLINIC RULES

- 1. QUIET DURING CLINIC HOURS.**
- 2. DO NOT SPEAK THROUGH THE WINDOWS.**
- 3. WE DO NOT SERVICE REGULAR SICK CALL ISSUES.
(HOWEVER, YOU MAY REQUEST A SICK CALL SLIP)**
- 4. PLEASE NOTIFY STAFF IF YOU ARE ON YOUR
MENSTRUAL CYCLE. (BLEEDING)**

**FOR WOMEN OVER AGE 40 -
FREE MAMMOGRAMS AND
PAP SMEARS
AT HIGHLAND HOSPITAL:**

If you are a woman over age 40, without health insurance, you may be eligible for FREE services through California's "Every Woman Counts" Cancer Detection Program. Call for more information - 510-437-4920, or to schedule an appointment, at the Saturday Screening Clinic - 510-437-8500.



Exam 1







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