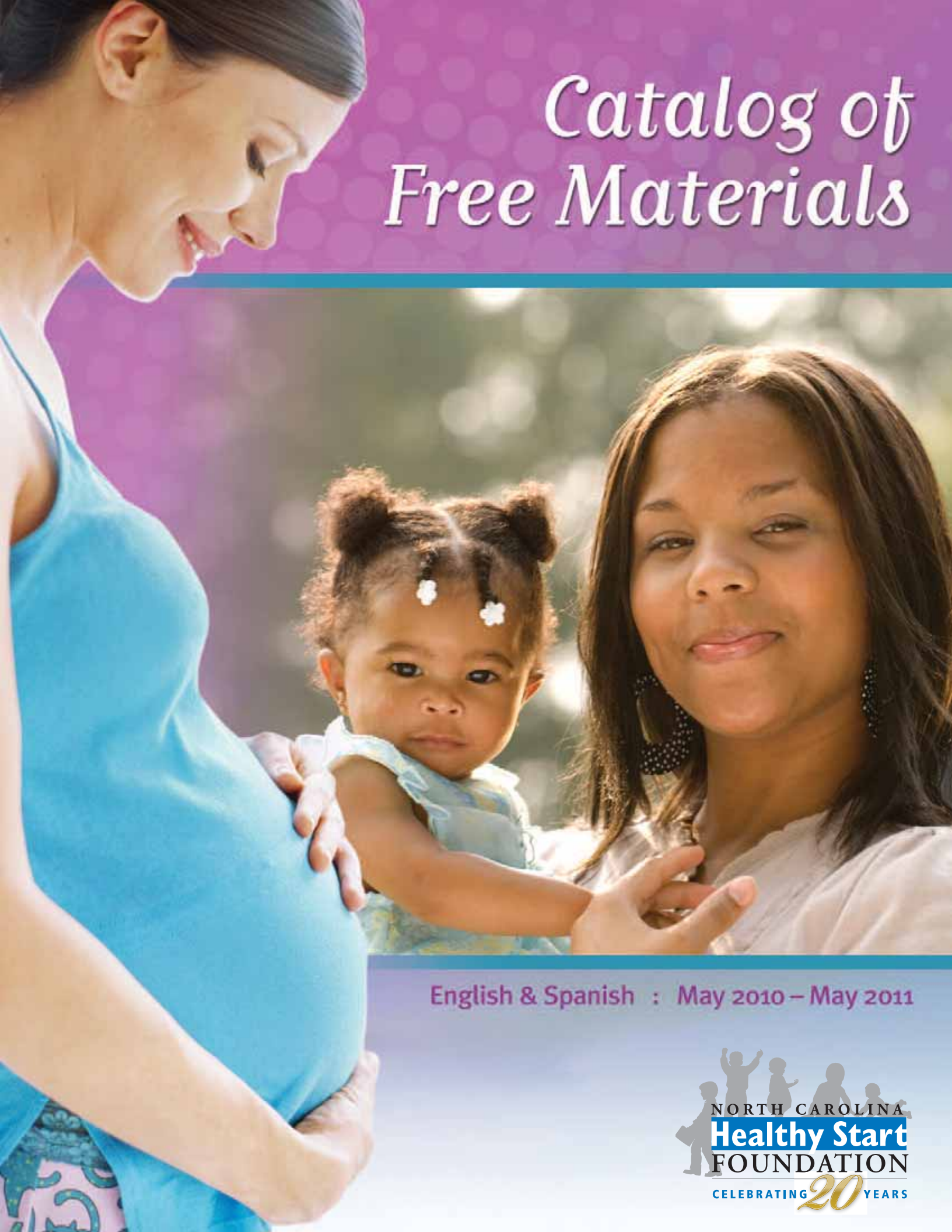
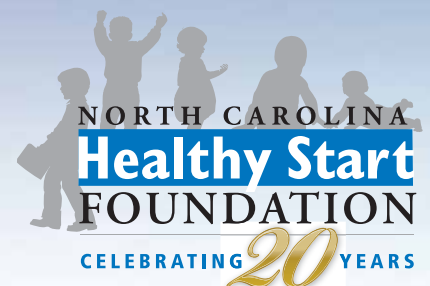




# *Catalog of Free Materials*

English & Spanish : May 2010 – May 2011



# Table of Contents

## The North Carolina Healthy Start Foundation

is one of the state's leaders in infant mortality reduction efforts and has grown into a nationally recognized private, nonprofit organization.

Established in 1990, the foundation currently conducts several of North Carolina's most successful public health education campaigns. We develop and distribute educational materials for free to community organizations, healthcare providers, businesses and individuals across the state.

## Campaigns

- **First Step/Women's Health Initiative** promotes healthy lifestyles before, during and after pregnancy
- **Infant Safe Sleep** leads the statewide effort to reduce the risk of Sudden Infant Death Syndrome (SIDS) and promote infant sleep safety
- **Latina Outreach** provides health information in Spanish for women, children and families
- **Health Check (Medicaid)/NC Health Choice** promotes enrollment in publicly funded children's health insurance programs
- **Medical Home** promotes the importance of children having consistent health care for their preventive, chronic and acute healthcare needs

|                                            |   |
|--------------------------------------------|---|
| <b>Women's Health</b> .....                | 1 |
| <b>Men's Health</b> .....                  | 2 |
| <b>Pregnancy</b> .....                     | 3 |
| <b>Parenting &amp; Baby Care</b> .....     | 4 |
| <b>Health Check/NC Health Choice</b> ..... | 6 |
| <b>Medical Home</b> .....                  | 8 |

## Sign Up For On-line Happenings

Sign up for our free electronic newsletter and receive updates on women's health issues, infant safe sleep practices, Latino healthcare strategies and other health information.

Go to **www.NCHealthyStart.org** and click on the subscription link.



## Family Planning Waiver (Medicaid) Materials

To order English and Spanish promotional materials or enrollment applications go to [www.NCHealthyStart.org/orderform](http://www.NCHealthyStart.org/orderform). Or call 919-256-3581 to request an order form.

## Folic Acid Materials

The North Carolina Healthy Start Foundation distributes N.C. Folic Acid Council materials. You can download an order form for free English and Spanish brochures, videos, posters and reminder items at [www.NCHealthyStart.org/orderform](http://www.NCHealthyStart.org/orderform) or [www.getfolic.com/order/index.html](http://www.getfolic.com/order/index.html). Or call 919-256-3581 to request an order form.

## Materiales en español

| Título                                  | Artículo# | Página | Título                                   | Artículo# | Página |
|-----------------------------------------|-----------|--------|------------------------------------------|-----------|--------|
| <b>LA SALUD DE LA MUJER</b>             |           |        | <b>HC/NCHC</b>                           |           |        |
| Mujer Total                             | A6S.....  | 1      | Ana María fotonovela                     | D2S.....  | 6      |
| Es hora de dedicarse a su salud         | A8S.....  | 1      | Volante para carta                       | D3.....   | 6      |
| Mi Diario de Salud                      | A9S.....  | 2      | Hoja de información                      | D4.....   | 6      |
| VIH Una Realidad                        | A10S..... | 2      | Hoja de información panfleto             | D4BR..... | 6      |
| ¡Saber es Poder! Cartel                 | A11.....  | 2      | Cartel                                   | D5.....   | 7      |
|                                         |           |        | Solicitud                                | D6S.....  | 7      |
| <b>EMBARAZO</b>                         |           |        | <b>SU HOGAR MÉDICO</b>                   |           |        |
| Prevenga el parto prematuro             | B5S.....  | 3      | Siempre la llamada correcta              | M1.....   | 8      |
| Text4Baby Tarjeta de referencia         | B10S..... | 4      | Imán                                     | M2.....   | 8      |
| Text4Baby Hoja                          | B11.....  | 4      | Fiebre                                   | M4.....   | 8      |
| <b>LA CRIANZA Y EL CUIDADO DEL BEBÉ</b> |           |        | El catarro, la gripe y otras infecciones | M5.....   | 8      |
| Observa mi crecimiento                  | C1S.....  | 4      | Infecciones del oído                     | M6.....   | 9      |
| Boca arriba para dormir                 | C4.....   | 5      | Su Hogar Médico o la Sala de Emergencias | M7.....   | 9      |
| hoja informativa                        |           |        | ¡Sáquele provecho a su visita médica!    | M8.....   | 9      |
| Cómo dormir a su bebé seguro cartel     | C9S.....  | 5      | Cómo elegir un Hogar Médico de calidad   | M9.....   | 9      |
| Duerma seguro a su bebé fotonovela      | C12S..... | 5      |                                          |           |        |

## Taking Care of Me

A new baby may mean little time for mom to care for herself. This self-help guide gives postpartum women practical health tips on emotional health, stress, nutrition, exercise, family planning and reproductive health, and alcohol, tobacco and other drugs. Second edition. 16 pages.

Dimensions: 8.5" x 11"  
Item # A3



## Mujer Total/Total Woman

This Spanish magazine provides practical tips and helpful information on: mental health, nutrition, exercise, family planning, reproductive health, drugs, immunizations, breastfeeding, secondhand smoke, improving communication with healthcare providers...and more. It includes toll-free Spanish numbers and Web sites where women can get more information. An English description of the magazine is included with orders. For a complete translation visit our Web site. 20 pages.

Dimensions: 8.5" x 11"  
Item # A6S (Spanish only)  
Spanish description below.



## Private Matters

This handy little card helps a woman chart her menstrual cycle for a year.

Dimensions: 2" x 3.5"  
Item # A4



## Mujer Total

Esta revista ofrece consejos prácticos e información útil sobre: la salud mental, la nutrición, el ejercicio, la planificación familiar, la salud reproductiva, las drogas, las vacunas, la lactancia, el humo de segunda mano, cómo mejorar la comunicación con su médico y mucho más. También incluye números telefónicos y páginas Web en español para obtener más información. Una descripción breve del contenido en inglés se incluye en cada orden. Para obtener la traducción completa al inglés visite nuestro sitio Web. 20 páginas.

Tamaño: 8.5" x 11"  
Artículo # A6S

## It's Time to Take Care of You

Healthy pregnancies begin with healthy women. This poster provides information to help women meet their current and future health needs. Messages apply to any woman who is pregnant, planning a pregnancy or may become pregnant.

Dimensions: 11" x 17"  
Item # A5



## Es hora de dedicarse a su salud/ It's Time To Take Care of You

Spanish version of the English poster *It's Time to Take Care of You*. The recommendations encourage Latinas to take care of themselves physically and mentally.

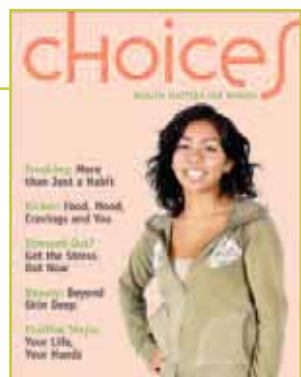
Item # A8S (Spanish only)  
Spanish description below.



## Choices: Health Matters for Women

This 16-page magazine addresses some of the tough choices women make that affect their health. This "self-help" publication motivates women through supportive messages and alternative options to make healthy decisions. Topics include: smoking, drinking, drug use, relationships, food cravings, stress and more.

Dimensions: 8.5" x 11"  
Item # A7



## Es hora de dedicarse a su salud

Este cartel da recomendaciones que animan a la mujer latina a tener una mejor salud física y mental.

Tamaño: 11" x 17"  
Artículo # A8S

## Women's Health

### My Health Journal

Interactive journal covers health topics, recommended check-ups and setting health goals for women ages 18-45. Allows women to record test results, appointments, family history and questions to ask the doctor. Helps set personal health goals.

Dimensions: 5.5" x 8.5"

**Item # A9E (English)**

**Item # A9S (Spanish)**

*Spanish version below.*



### Mi Diario de Salud

Esta nueva publicación está diseñada para ayudar a las mujeres a mantener su información de salud organizada y al corriente. Las mujeres pueden mantener récords de sus visitas médicas, así como de los resultados de exámenes médicos, anotar qué preguntas hacer a su médico y establecer metas saludables. El diario también permite a las mujeres hacer seguimiento de su salud reproductiva.

Tamaño: 5.5" x 8.5"

**Artículo # A9S**



### Keeping It Real

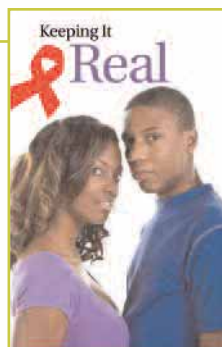
Knowledge is power. This 8-page brochure is packed with current information about HIV and is designed to educate and empower women. Encourages them to be responsible and protect themselves from HIV.

Dimensions: 5.5" x 8.5"

**Item # A10E (English)**

**Item # A10S (Spanish)**

*Spanish description below.*



### VIH Una Realidad

Este folleto de 8 páginas contiene información actual sobre el VIH/SIDA. Ha sido diseñado para educar a las mujeres latinas de una manera clara y sencilla; así como para motivarlas a ser responsables frente a este asunto.

Tamaño: 5.5" x 8.5"

**Item # A10S**



### Keeping It Real Poster

This poster explains the mandatory HIV testing law to pregnant women. For use in clinics and doctor's offices. English/Spanish combined.

Dimensions: 11" x 8.5"

**Item # A11**

*Spanish description below.*

### ¡Saber es Poder! Cartel

Este cartel explica la ley en Carolina del Norte sobre las pruebas obligatorias del VIH a mujeres embarazadas. Para su uso en clínicas y consultorios médicos. Inglés/español combinado.

Tamaño: 11" x 8.5"

**Artículo # A11**



## Men's Health

### Body Maintenance Manual

This is a pocket-size guide to men's health issues for men ages 18-45.

Dimensions: 4" x 6.5"

**Item # H1**

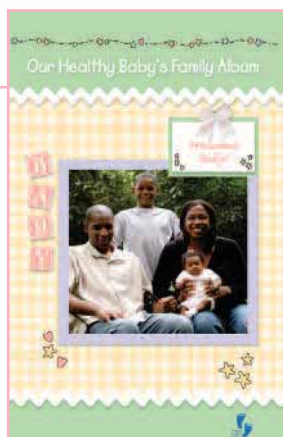


## Our Healthy Baby's Family Album

An African American family shares their photo album and stories on how they prepared for their new arrival. Includes messages about folic acid, healthy lifestyle choices during pregnancy, the importance of knowing your family health history, signs of preterm labor and tips for baby's sleep safety and comfort.

Dimensions: 5.5" x 8.5"

Item # B2



## Prevent Preterm Labor

Important information for all pregnant women to have. This card lists the warning signs of preterm labor and explains what to do if they occur.

Dimensions: 2.5" x 3"

Item # B5E (English)

Item # B5S (Spanish)

Spanish version below.



## Prevenga el parto prematuro

Información importante para todas las mujeres embarazadas. Esta tarjeta enumera las señales de advertencia del parto prematuro y explica qué hacer si se presentan.

Tamaño: 2.5" x 3"

Artículo # B5S



## What's Happening to Me? My Pregnancy Calendar

Fun and educational 42-week calendar helps pregnant women record important events and information during every week of a full-term pregnancy. Includes stickers to mark important events.

Dimensions: 4" x 6.5"

Item # B3



## A Healthy Baby Begins with You

Healthy pregnancies begin with healthy women. This poster provides information to help women meet their current and future health needs. Messages apply to any woman who is pregnant, planning a pregnancy or may become pregnant.

Dimensions: 11" x 17"

Item # B8



## If You Smoke and Are Pregnant

Self-help, quit-smoking guide for women who are pregnant or thinking about pregnancy. Helps readers make their own quit-smoking plans. Increases their chances of quitting smoking successfully.

Dimensions: 8.5" x 5"

Item # B4



## Keeping The Circle Healthy

In the belief that American Indian children are a gift to the future, this brochure helps women, their families, friends, co-workers and community members learn about ways to help women have healthy pregnancies. A beautifully illustrated poster on the inside offers wise sayings, advice and helpful tips for promoting women's and infants' health.

Dimensions: 11" x 17"

folds to 3.75" x 9.25"

Item # B9



## One Child, One Community

This brochure encourages communities to get involved in giving African American children a healthy start. Provides ideas on what community groups, churches, businesses, family, friends and co-workers can do.

Dimensions: 11" x 17"

folds to 3.75" x 9.25"

Item # F21



# Pregnancy

## Text4Baby Referral Card

Explains how to get free Text4Baby text messages three times a week on your cell phone during pregnancy and baby's first year.

Dimension: 3.5" x 2"

**Item # B10E (English)**

**Item # B10S (Spanish)**

*Spanish description below.*

## Text4Baby Tarjeta de referencia

Tarjeta pequeña promueve un servicio gratuito. Text4Baby provee mensajes de texto tres veces cada semana con información importante durante el embarazo y el primer año de la vida del bebé.

Tamaño: 3.5" x 2"

**Artículo #B10S**



## Text4Baby Flyer

Bilingual sheet explains how to get free Text4Baby text messages. English on one side, Spanish on the other.

Dimensions: 8.5" x 11"

**Item #B11**

*Spanish description below.*



## Text4Baby Hoja

Hoja promueve Text4Baby. El servicio gratuito provee mensajes de texto. Información en inglés de un lado y en español del otro.

Tamaño: 8.5" x 11"

**Artículo #B11**

# Parenting & Baby Care

## See How We Grow

Flip chart informs parents about what babies can do as newborns, at 1-2 months, 3-5 months, 6-8 months and 9-12 months of age. Suggests activities to do that help babies develop. Attractive flip chart can hang in any convenient location in the house.

Dimensions: 11" x 8.5"

**Item # C1E (English)**

**Item # C1S (Spanish)**

*Spanish version below.*



## Observa mi crecimiento

Informa a los padres lo que los bebés hacen cuando son recién nacidos, de 1-2 meses, 3-5 meses, 6-8 meses, y de 9-12 meses de edad. Sugiere actividades para ayudar al bebé a desarrollarse. Atractivo y fácil de leer y colgar en cualquier parte de la casa.

Tamaño: 11" x 8.5"

**Artículo # C1S**



## Baby's Safe Sleep

Easy-to-read story using photos and dialog (fotonovela) between a new mother and her mother (baby's grandmother). The story tells why it is important to put a baby on its back to sleep. A question-and-answer section includes baby care tips and describes ways to reduce the risks of SIDS (Sudden Infant Death Syndrome) and to help baby sleep safely.

Dimensions: 8.5" x 11"

**Item # C2**



## Back to Sleep Information Sheet

Bilingual tear-off sheet focuses on what parents and caregivers can do to reduce baby's risk of SIDS (Sudden Infant Death Syndrome). One side in English, one side in Spanish. 50 two-sided sheets to a pad.

Dimensions: 8.5" x 11"

**Item # C4**

*Spanish side described on next page.*



## Boca arriba para dormir hoja informativa

Hoja separable dirigida a los padres y las personas que cuidan al bebé para informarlos sobre qué pueden hacer para reducir el riesgo del Síndrome de Muerte Súbita del Infante. Información en inglés de un lado y en español del otro. Cuaderno de 50 hojas fáciles de arrancar.

Tamaño: 8.5" x 11"  
Artículo # C4



## Duerma seguro a su bebé/Your Baby's Sleep Safety: Reduce the Risk of Sudden Infant Death Syndrome

Follow the adventures in this fotonovela (picture story) of a young couple as they prepare for the arrival of their second child. The whole family tries to help the new baby sleep safely and reduce the chances of SIDS. Other safety tips and resources are included.

Dimensions: 5.25" x 8.5"  
Item # C125 (Spanish Only)

## Duerma seguro a su bebé: Reduzca el Síndrome de Muerte Súbita del Infante

Siga las aventuras en esta fotonovela de una pareja joven cuando se preparan para la llegada de su segundo hijo. Toda la familia ayuda a que el nuevo bebé duerma seguro y a reducir el riesgo del Síndrome de Muerte Súbita del Infante. Incluye otros consejos de seguridad y recursos para los padres.

Tamaño: 5.25" x 8.5"  
Item # C125



## Oh Baby! We Want to Keep You Safe From Secondhand Smoke

Secondhand cigarette smoke poses a serious danger to the baby before it is born as well as after birth. This brochure offers helpful tips for avoiding secondhand smoke while pregnant. Ideas for creating a smoke-free home and care after the baby is born are included.

Dimensions: 8.5" x 5"  
Item # C6



## Baby's Safe Sleep Poster

Identifies steps to lower the risk of Sudden Infant Death Syndrome when you put babies to sleep in their cribs.

Dimensions: 11" x 17"  
Item # C9E (English)  
Item # C9S (Spanish)

Spanish version below.



## Baby's Easy Safe Sleep Training Kit (BESST)

This educational flip chart and guide offers important tips about infant safe sleep and ways to reduce the risks of SIDS. An excellent tool for anyone interested in conducting a training to teach parents, caregivers, childcare providers, health educators and healthcare providers how to keep baby safe and comfortable when sleeping. Pages: 20. Dimensions 17" x 11". Audience side has watercolor artwork; trainer side provides speaking notes. Pages can be reorganized. English and Spanish versions. \$100 plus tax. Available free if you attend a BESST training.

[www.NCHealthyStart.org/BESST/flip\\_chart\\_info.htm](http://www.NCHealthyStart.org/BESST/flip_chart_info.htm).



## Cómo dormir a su bebé seguro cartel

Recomendaciones de cómo dormir a su bebé seguro para reducir el riesgo del Síndrome de Muerte Súbita del Infante.

Tamaño: 11" x 17"  
Artículo # C9S



## Paquete de entrenamiento de cómo dormir seguro y cómodamente a su bebé (BESST)

Este rotafolio y guía le ofrecen recomendaciones de cómo dormir seguro a un bebé y prevenir el riesgo de SIDS. Esta es una excelente herramienta para aquellos que quieren entrenar a padres, proveedores de cuidado infantil y proveedores de salud. Cada página del rotafolio tiene dibujos a color y, del otro lado, notas para el entrenador. \$100 más impuesto. Disponible gratis si completa el entrenamiento BESST.

[www.NCHealthyStart.org/BESST/flip\\_chart\\_info.htm](http://www.NCHealthyStart.org/BESST/flip_chart_info.htm).

# Health Check (Medicaid)/NC HealthChoice

## HC/NCHC Ana María Fotonovela

This entertaining picture story helps new immigrants understand how the American healthcare system works. It also describes what health insurance is, how to apply and reapply for Health Check/NC Health Choice and how to access preventive and primary care services through a Medical Home.

Dimensions: 5.5" x 8.5"

**Item # D2S (Spanish only)**

*Spanish description follows.*

## HC/NCHC Ana María Fotonovela

Esta entretenida fotonovela ayuda a los nuevos inmigrantes a entender cómo funciona el sistema de salud en los EE.UU. Describe qué es el seguro médico, cómo solicitar y re-inscribirse a Health Check/NC Health Choice y cómo establecer atención médica regular y preventiva a través de un Hogar Médico.

Tamaño: 5.25" X 8.5"

**Artículo # D2S**



## INCOME GUIDELINES

The numbers listed in these materials are subject to change. Families are encouraged to apply. For the most current income guidelines, please go to [www.nchealthystart.org/income.pdf](http://www.nchealthystart.org/income.pdf).

Las siguientes cifras pueden cambiar. Se invita a las familias a llenar una solicitud. Para ver los límites de ingreso más recientes, por favor visite [www.mamasana.org/ingreso.pdf](http://www.mamasana.org/ingreso.pdf).

## HC/NCHC Envelope Stuffer

A bilingual (English/Spanish) two-sided card provides information about the children's health insurance programs. Intended for mass mailings and other widespread distribution.

Dimensions: 3.5" x 8.5"

**Item # D3**

*Spanish description below.*

## HC/NCHC Volante para carta

Volante bilingüe que tiene información básica sobre los programas del seguro médico para niños. Esta pieza se diseñó con la intención de ser usada en correspondencia masiva y otros esfuerzos de distribución extensa.

Tamaño: 3.5" x 8.5"

**Artículo # D3**



## HC/NCHC Fact Sheet

A bilingual (English/Spanish) two-sided sheet that describes eligibility, benefits and general application procedures for Health Check and NC Health Choice. Ideal for sharing with families who are learning about child health insurance programs. Includes income eligibility guidelines.

Dimensions: 11" x 8.5"

**Item # D4**

*Spanish description follows.*

## HC/NCHC Hoja de información

Página bilingüe que describe los requisitos de elegibilidad, los beneficios y los procedimientos generales para los seguros médicos de Health Check y NC Health Choice. Ideal para compartir con las familias que están aprendiendo sobre los programas de seguro médico para niños. Incluye ingresos de elegibilidad.

Tamaño: 11" x 8.5"

**Artículo # D4**

## HC/NCHC Fact Sheet (folded fact sheet)

This is the fact sheet (D4) folded into a brochure. English on one side, Spanish on the other.

Dimensions: 3.6" x 8.5"

**Item # D4BR**

*Spanish description below.*

## HC/NCHC Hoja de información (doblada)

Hoja de información bilingüe doblada como un panfleto.

Tamaño: 3.6" x 8.5"

**Artículo # D4BR**



## Health Check/NC Health Choice Outreach Website

For more resources and updates on Health Check/NC Health Choice outreach campaign, visit the Health Check/NC Health Choice Outreach Website at: [www.nchealthystart.org/outreach/index.html](http://www.nchealthystart.org/outreach/index.html)

# Health Check (Medicaid)/NC HealthChoice

## Online Health Check (Medicaid)/NC Health Choice Fact Sheet Language Translations

Help reach out to immigrant communities. English on the backside of each translation. Check for additional languages at [www.nchealthystart.org/hchc](http://www.nchealthystart.org/hchc). You can download and print using the following URLs:

|                         |                                                                                                                |
|-------------------------|----------------------------------------------------------------------------------------------------------------|
| <b>Arabic:</b>          | <a href="http://www.nchealthystart.org/hchc/ArabicFS.pdf">www.nchealthystart.org/hchc/ArabicFS.pdf</a>         |
| <b>Chinese:</b>         | <a href="http://www.nchealthystart.org/hchc/ChineseFS.pdf">www.nchealthystart.org/hchc/ChineseFS.pdf</a>       |
| <b>Hmong:</b>           | <a href="http://www.nchealthystart.org/hchc/HmongFS.pdf">www.nchealthystart.org/hchc/HmongFS.pdf</a>           |
| <b>Korean:</b>          | <a href="http://www.nchealthystart.org/hchc/KoreanFS.pdf">www.nchealthystart.org/hchc/KoreanFS.pdf</a>         |
| <b>For Montagnards:</b> | <a href="http://www.nchealthystart.org/hchc/MontagnardFS.pdf">www.nchealthystart.org/hchc/MontagnardFS.pdf</a> |
| <b>Vietnamese:</b>      | <a href="http://www.nchealthystart.org/hchc/VietnameseFS.pdf">www.nchealthystart.org/hchc/VietnameseFS.pdf</a> |

*NOTE: Files are large and may take a few moments to download.*

Size: 11" x 8.5"

*Download only. Not available through catalog or in print.*

## HC/NCHC Poster

Eye-catching poster includes a place for local contact information. Perfect for hanging in doctor's offices or clinics, worksites, schools and any other location in your community where families will see it. English on one side, Spanish on the other.

Dimensions: 11" x 17"

**Item # D5**

*Spanish description in next column.*



## HC/NCHC Cartel

Cartel llamativo incluye un lugar para poner información de contacto local. Perfecto para colgar en los consultorios médicos o en las clínicas, en el trabajo, escuela u otro lugar en su comunidad donde las familias puedan verlo. Información en español de un lado y en inglés del otro.

Tamaño: 11" x 17"

**Artículo # D5**



## Health Check(Medicaid)/NC Health Choice Application

This is the state form required to apply for Health Check or NC Health Choice and the Family Planning Waiver. Available to agencies that help get information out about how to apply for these health insurance programs.

Dimensions: 8.5" x 11"

**Item # D6E (English)**

**Item # D6S (Spanish)**

*Spanish version below.*



## HC/NCHC Solicitud

Esta es la solicitud oficial del estado para solicitar los seguros médicos de Health Check o NC Health Choice y el Medicaid de Planificación Familiar. Disponible para agencias que ayudan a las personas a obtener información y a solicitar estos seguros médicos.

Tamaño: 8.5" x 11"

**Artículo # D6S**



# 3

## Ways To Order

1. Call 919-256-3581 to request an order form that you can complete and return
2. Print a form from a PDF and fax/mail it in
3. Order online. [www.NCHealthyStart.org/orderform](http://www.NCHealthyStart.org/orderform)

# Medical Home

## The Right Call Every Time. Your Medical Home.

Easy-to-read, bilingual (English/Spanish) brochure explaining what a "Medical Home" is and how to use it.

Dimensions: 4" x 8.5"

**Item # M1**

Spanish description below.



## Fever: the body's way of fighting sickness

Bilingual (English/Spanish) bookmark provides a quick guide on what to do when a child spikes a fever.

Dimensions: 4" x 9"

**Item # M4**

Spanish side described below.



## Siempre la llamada correcta. Su Hogar Médico.

Panfleto bilingüe, fácil de leer, que explica qué es el "Hogar Médico" y cómo usarlo.

Tamaño: 4" x 8.5"

**Artículo # M1**



## Fiebre: cómo el cuerpo combate las enfermedades

Señalador bilingüe (español/inglés) que provee una guía rápida para saber qué hacer cuando el niño tiene fiebre.

Tamaño: 4" x 9"

**Artículo # M4**



## Medical Home Magnet

Bilingual (English/Spanish) magnet with space for all the important "Medical Home" information parents need: doctor's name, phone number, office hours and after-hours phone number.

Dimensions: 4" x 5"

**Item # M2**

Spanish description below.



## Colds, the Flu, and Other Infections

Bilingual (English/Spanish) bookmark provides quick guide on the symptoms and treatment of colds, the flu and other infections. Updated 2008.

Dimensions: 4" x 9"

**Item # M5**

Spanish side described below.



## Imán Hogar Médico

Imán bilingüe con espacio para que los padres escriban toda la información importante de su Hogar Médico: el nombre del doctor, el teléfono, las horas laborales y el teléfono para horas no laborales.

Tamaño: 4" x 5"

**Artículo # M2**

## El catarro, la gripe y otras infecciones

Señalador bilingüe (español/inglés) que provee una guía rápida sobre los síntomas y el tratamiento del catarro, la gripe, y otras infecciones. Publicación actualizada 2008.

Tamaño: 4" x 9"

**Artículo # M5**



## Ear Infections

Bilingual (English/Spanish) bookmark provides quick guide on symptoms and treatment of inner and outer ear infections.

Dimensions: 4" x 9"

**Item # M6**

*Spanish side described below.*



## Make each doctor's visit work for you!

Bilingual (English/Spanish) bookmark provides quick guide on how to get the most out of every visit to your child's "Medical Home." Especially useful for children with special healthcare needs. Updated 2008.

Dimensions: 4" x 9"

**Item # M8**

*Spanish side described below.*



## Infecciones del oído

Señalador bilingüe (español/inglés) que provee una guía rápida sobre los síntomas y el tratamiento de las infecciones del oído medio y exterior.

Tamaño: 4" x 9"

**Artículo # M6**



## ¡Sáquele provecho a su visita médica!

Señalador bilingüe (español/inglés) que provee una guía rápida de cómo sacar el mejor provecho en cada visita a su Hogar Médico. Útil especialmente para niños con necesidades especiales. Publicación actualizada 2008.

Tamaño: 4" x 9"

**Artículo # M8**



## Medical Home vs. Emergency Room

Bilingual (English/Spanish) bookmark provides quick guide on when the "Medical Home" is the right place for medical care.

Dimensions: 4" x 9"

**Item # M7**

*Spanish side described below.*



## Choosing a Quality Medical Home

Bilingual (English/Spanish) bookmark provides a definition of what a medical home is and suggests questions that can be asked when choosing a quality Medical Home. Questions are based on the characteristics of a quality medical home as defined by the American Academy of Pediatrics.

Dimensions: 4" x 9"

**Item # M9**

*Spanish side described below.*



## Su Hogar Médico o la Sala de Emergencias

Señalador bilingüe (español/inglés) que provee una guía rápida para saber sobre cuándo el Hogar Médico es el lugar correcto para tratamiento.

Tamaño: 4" x 9"

**Artículo # M7**



## Cómo elegir un Hogar Médico de calidad

Señalador bilingüe (español/inglés) que explica qué es un Hogar Médico y sugiere algunas preguntas que se pueden hacer cuando se está escogiendo un Hogar Médico. Las preguntas están basadas en las características de un Hogar Médico de calidad establecidas por la Academia Americana de Pediatría.

Tamaño: 4" x 9"

**Artículo # M9**





## *How To Order*

You can order by fax, mail or online. For an order form go to:  
**[www.NCHealthyStart.org/orderform](http://www.NCHealthyStart.org/orderform)**

Or call the shipping department at **919-256-3581** to request an order form that you can complete and return.

*Women's Health*

*Pregnancy*

*Parenting & Baby Care*

*Health Check/NC Health Choice*

*Medical Home*



1300 St. Mary's Street,  
Suite 204  
Raleigh, North Carolina 27605  
919-828-1819  
919-828-1446 FAX

