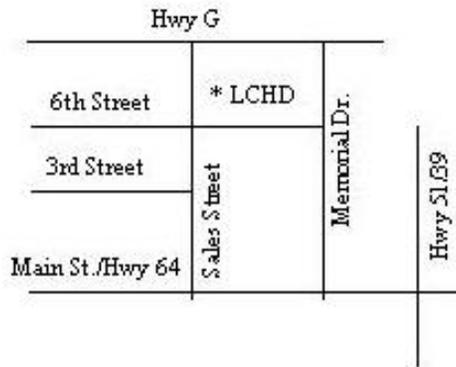


Resources:

Text4baby:

Text BABY to 511411 to get **FREE** messages on your cell phone to help you through your pregnancy and your baby's first year. www.text4baby.org

Map to the Health Department



For more information or to schedule a home visit or immunization, please contact:

Lincoln County Health Department

607 N. Sales St., Suite 101, Merrill
(715)536-0307

Office Hours:
Monday – Friday
8:00 a.m. to 4:30 p.m.
www.co.lincoln.wi.us

Find us on Facebook!

Services provided by Lincoln County Health Department are available to all persons regardless of race, religion, sex, language or disability

New Baby



New You



**Lincoln County
Health Department
607 N. Sales Street, Suite 101
Merrill, WI 54452**

Lincoln County Health Department's mission is to provide services to residents promoting optimal health and safety through prevention, protection, and intervention.

Org. 1/2013, Rev. 3/15

Bringing Baby Home

Congratulations on the birth of your baby!

Lincoln County Health Department (LCHD) offers you a **FREE** home or office visit – whether it is your first baby or if you already have children. The visit provides one-on-one attention and helps with concerns you may have. The visit is scheduled at a time that works best for you.

What is included in a home visit?

A public health nurse covers a variety of health and parenting topics, such as:

- **baby weight check**
- **caring for your newborn**
- **baby's nutritional needs and feeding**
- **breast feeding concerns and questions**
- **safety issues**
- **family planning options**
- **postpartum depression**
- **development of your newborn**



First Breath

The quit smoking program for women provides support, one-on-one counseling and self-help materials.

Home Safety Assessment

A public health nurse can help ease your mind about your baby's safety. LCHD offers a **FREE** home safety assessment:

- at any time your young child's growing
- includes a room-by-room safety evaluation
- information about baby/child safety issues
- product recommendations

Other Health Services Offered

Convenient Immunizations

Keeping your baby's immunizations up to date is important to your baby's health. Shots are given from birth into early childhood. They are usually given during routine "well baby" checkups.

LCHD can offer the full range of childhood immunizations that are supplied by the state **ONLY** to:

- Uninsured
- Children on Medicaid/Badgercare
- Native Americans
- Alaskan Native

Monthly clinics are provided for \$10 per appointment.

Free Water Testing

Safe, clean water is very important in our lives – for drinking, cooking, bathing and cleaning. Unsafe water can harm you and your growing baby.

Municipal water systems test their water on a regular basis to make sure it is safe. Private well owners need to test their well water yearly to make sure it is safe.

Water Test Kits for bacteria, nitrates, fluoride and metals are available by calling LCHD. **FREE** kits (value of \$75 each) are available for those who qualify.



Lead Screening- Keeping Your Baby Lead Safe

You may come in contact with lead every day in your home, especially if you live in an older home. Many young children with lead poisoning do not show any signs of being sick.

The American Academy of Pediatrics recommends that all children have a blood test for lead when they are 1 and 2 years old. Lead tests may be provided through your child's healthcare provider.

For more information on how to get rid of lead risks, contact Lincoln County Health Department.