



HEAL

Health Education & Awareness for a Lifetime

August
2014

A newsletter from the Florida Department of Health in Wakulla County
48 Oak Street, Crawfordville, FL 32327
850-926-0400



What Do You Know About Your Health Department?

Our mission is to promote, protect and improve the health of all people in Wakulla County.



Our Health Department is a great resource for our community but many residents don't know the services we offer. Here is some information that may be helpful!

We are located at 48 Oak Street, we can be reached at 850-926-0400.



To Make An Appointment

Call the front desk at 850-926-0400. We provide appointments for the medical clinic for the same day you call or the next business day only. Phone lines open at 8:00

a.m., call as early as possible for the best appointment times.

Vital Statistics

The Florida Department of Health in Wakulla County serves as the county's vital records office for birth and death certificates. When ordering either certificate, if the request is made by noon, the certificate will be available by 3:00 p.m. on the same day. If ordered after noon, it will be available by 9:00 a.m. the following day. You should know the following information before requesting a birth or death certificate:

Birth Certificates

- 1930 - to the present are available for births within the State of Florida
- Must be 18 years or older
- Photo ID required (driver's license, passport, military ID)
- \$13.00 fee

Death Certificates

- Previous five years to present
- Death certificates for earlier years or from other counties must be requested from Vital Statistics Office in Jacksonville, FL.

- Must be 18 years or older
- Photo ID required (driver's license, passport, military ID)
- Death certificates with cause of death can only be issued to family members or licensed funeral director.
- \$13.00 fee

Money orders, cash, checks and credit cards accepted

Clinic Services

Immunizations

- Childhood immunizations
- Affordable vaccines for adults
- Annual flu shot clinics

Family Planning

- Examination, counseling and provision of birth control
- Male and female sterilization assistance
- Education on pregnancy planning

Communicable Disease Control

- Monitoring reportable diseases as they happen
- Investigating and intervening during communicable disease outbreaks

Obstetrics

- Weekly in-county pre-natal care
- OB clinics are scheduled each Wednesday morning.

Breast and Cervical Cancer Early Detection Program

- For women ages 50-64 who are under- or un-insured
- Call to be assessed for eligibility and scheduling.

Sexually Transmitted Diseases

- Confidential, low cost testing and treatment is available.



Community Programs



Healthy Start

- Serves pregnant women and women with children up to three years of age
- Childbirth and parenting education
- Breastfeeding education and support
- Car seat safety education
- Home visitation and support program available
- Monthly parent support meetings

WIC (Women, Infants and Children)

- Nutrition education and counseling
- Breastfeeding promotion and support
- Supplemental nutritious foods for low and moderate income pregnant, post-partum and breastfeeding mothers

Abstinence Education

- Abstinence education, promoting positive community values and encouraging healthy lifestyle choices for youth
- Available in school based or community based youth development classes/clubs and in existing after school groups and faith based organizations.
- Mentoring is available.

Tobacco Prevention

- Smoking cessation classes and support
- Youth-based tobacco prevention programs (SWAT- Students Working Against Tobacco)

Health Education

- Promotion and development of community partnerships to address chronic health issues
- Free classes in nutrition, diabetes, asthma and many other health issues
- CPR/First Aid classes



School Health

Available in all public schools and may include:

- First aid for illness or injury
- Medication administration
- Review of immunization compliance and health status of students

- Monitoring of students with chronic diseases and development of individual care plans

Dental Clinic

- Care is available for children

ages 1-20 years with Staywell, CMS/Pedicare, Healthy Kids and KidCare managed by DentaQuest, and for adults with Staywell.

- Services include exams, preventive treatments, fillings, and simple extractions.



Environmental Health

Inspections:

- Onsite Sewage Treatment and Disposal System (OSTDS)
- Sanitary nuisances
- Mobile home and recreational vehicle parks
- Public swimming pools
- Tanning facilities
- Bio-medical waste
- Water sampling program
- Beach water sampling program
- Animal bites/Rabies control

Mosquito Control:

- Free spraying on request
- Spray hours occur early morning and late night
- Mosquito Spray Requests - Call: 926-0410 or go online to the Mosquito Spray Manager at:

<http://osquito.wakullahealthdept.com/incomingresident.asp>



Phone Numbers

- **Main Phone/Clinic** -- 850-926-0400
- **Dental Clinic** - 850-926-0403
- **Environmental Health** - 850-926-0401
- **Mosquito Control**- 850-926-0410
- **Healthy Families** - 850-926-0402
- **WIC (Women, Infants and Children)**
- 850-606-8300 or 800-416-4123

www.mywchd.com

Hours of Operation

Monday – Friday, 8:00 a.m. – 5:00 p.m.
Excluding state holidays

WIC - Wednesday 8:00 a.m. - 3:00 p.m.

We are closed 2:00 - 4:00 p.m. on the first Friday of each month.



The Florida Department of Health in Wakulla County has a Service Provider Kiosk to help you find who and what you are looking for. The kiosk is located in the lobby of the Health Department, which is open Monday through Friday, from 8 a.m. to 5 p. m.

You can search sites such as 211Big Bend, Whole Child Leon, Florida Department of Children and Families and Wakulla County Coalition for Youth Resource Directory. Many providers are local and have sliding fee scales. You can find many types of services from daily needs to emergency assistance. This service is also very helpful in the event that you have just moved into the area.

There is no charge to use the kiosk.



Classes offered by Florida Department of Health in Wakulla County

For more information or to reserve your space,
please call the Wakulla One Stop Community Center
at 745-6042 or 926-0400, ext. 215.

Prenatal Care Class - Suggested for newly pregnant mothers and their partners. This class teaches moms how to keep themselves and their babies healthy throughout their pregnancy. It covers the following information:

- Fetal Development – changes to baby and mom in each trimester
- Medical Care – choosing a provider, appointments, what to expect, what to ask
- Nutrition – weight gain, good eating habits, foods to avoid, based on MyPlate
- Exercise – guidelines, safe and unsafe activities, exercise tips by trimester
- Discomforts and how to manage them
- Hazards for pregnant moms and unborn babies
- Emotions – common stressors, stress-relief tips, support regarding body image, relationships, etc.



Mondays - October 13, 20, 27 - 6:30-8:30 p.m.



Baby Basics – Suggested for new parents and soon-to-be parents, grandparents, and other family members. The class includes the essentials to newborn care, common challenges, information for parents to make the healthiest choices for their new baby. The topics include:

- New Infant care to six weeks
- Physical and Mental Development
- Understanding Babies' Cues
- Comfort Techniques
- Nutrition
- Bathing and Diapering
- Sleeping
- Health & Safety
- Safety Proofing Your Home

**Mondays - November 17, 24
6:30-8:30 p.m.**

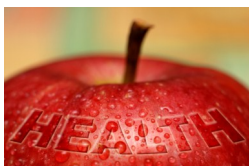
Childbirth Preparation... The Healthy Start Program offers a 5-week Childbirth Education class for pregnant moms and their partners. (We suggest that moms be at least 7 months pregnant when they take this class.) Topics include: coping with labor and delivery, comfort techniques, infant care - including Infant CPR, post-partum care, breastfeeding and car seat safety. The next series of classes are scheduled for **September 16-October 14 from 6:30-8:30 p.m.** **All classes are held at the Florida Department of Health in Wakulla.** For more information or to sign up for the class, call Grace Keith at 926-0400, ext. 215 or the Wakulla County One Stop Community Center at 745-6042. There is **no charge** for this class!



Hands-Only CPR, No Excuses

The next Hands-only CPR class is on Thursday, September 11 from 7-9 p.m., 2014 at the Health Department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. This class costs \$15.00. This amount will be returned when you complete the class.

Basic First Aid... **There is no class currently scheduled.** course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person. The fee must be paid in advance and there is no refund.



Health Education... Is there a health-related topic you need more information about? Need information on diabetes care, meal planning, nutrition, etc.? Call Health Educator, Grace Keith at 850-926-0400, ext. 215 or email: grace.keith@flhealth.gov