

COVID-19

Support for pregnant women & infants

Since 1992, Healthy Start has been working to improve the health and well-being of pregnant women, infants and families.

With the uncertainty, stress and effects COVID-19 is placing on many families, now is a crucial time to refer pregnant women and infants to Healthy Start for important health education & support services. We continue to be there for families and are serving them by phone and videoconference.

Services are provided at no cost and by nurses and health professionals and can include:

- Help with finding prenatal care
- The most current & accurate guidelines & recommendations
- Referrals to local resources to help clients meet their basic needs
- Strategies for reducing & managing stress
- Education on how to reduce any present risk-factors that may lead to preterm birth, a low birth weight baby, poor health and developmental outcomes, and/or infant mortality
- Support in having a healthy pregnancy and preparing for baby's arrival

How to make a referral:

Call Healthy Start's *Connect* staff at **407-858-1472** or

Complete and fax a referral form to **(407) 845-6122** - found at www.HealthyStartOrange.org/contact



407-858-1472



www.HealthyStartOrange.org