

You Can Prepare to Have a Healthy Baby!

It is important to be in good health before you get pregnant. By taking action on health issues before pregnancy, future problems for you and your baby can be prevented.

Here are some things you can do:

- Stop smoking and drinking alcohol or using any illegal drugs.
- Make sure that your shots are up to date.
- See your doctor to discuss how you can plan for a healthy pregnancy.

If you are already pregnant or think you are pregnant, call one of the numbers on the back to get the care you need. →



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Protect yourself and your baby. Get the care you and your baby need, call now!

Cayuga County

Department of Health and Human Services
MOMS Program 253-1560

Madison County

Health Department 366-2361

Onondaga County

- Health Department 435-2000
- St Joseph's HHC 448-5060
- Syr. Community Health Ctr 476-7921
- Upstate Medical University 464-4458

Oswego County 349-5800

Oswego Hospital
PCAP Program

New York State: Growing Up Healthy Hotline 1-800-522-5006

For more information call REACH CNY at 1-888-295-8662. Funded in part through the NYS Dept. of Health Division of Family Health.



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