

# Human Services COUNTY OF SIERRA



Carol Roberts, PhD  
Director

## Health Department

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## HEALTH DEPARTMENT ACTIVITIES FOR MONTH OF MARCH 2010

### IMMUNIZATION CLINICS PLEASE CALL FOR APPOINTMENT 993-6700

(Fee: \$2.00 per person or \$5.00 per family.)

|              |       |    |         |   |
|--------------|-------|----|---------|---|
| -Loyalton    | March | 5  | Friday  | 8:30am – 11:30am at the Health Department |
| -Loyalton    | March | 9  | Tuesday | 1 pm – 4 pm at the Health Department      |
| -Loyalton    | March | 19 | Friday  | 9am – 12 noon at the Health Department    |
| -Downieville | March | 23 | Tuesday | 10am, at 22 Maiden Lane (By appt. only)   |

### CHILD BLOOD LEAD LEVEL TESTING AVAILABLE CALL FOR APPOINTMENT

**WIC (WOMEN, INFANTS, & CHILDREN):** (No fee) A nutrition program for women who are pregnant, nursing, have recently delivered a baby, and/or children under five years of age.

- Loyalton March 3<sup>rd</sup> & 17th Wednesday, at the Health Department
- Downieville, please call for an appt 993-6703.

**BREASTFEEDING EDUCATION & SUPPORT GROUP** March 18th 10am Health Department  
*WIC IS AN EQUAL OPPORTUNITY PROGRAM*

### BLOOD PRESSURE CLINICS: (No fee)

|              |       |    |          |         |                        |
|--------------|-------|----|----------|---------|------------------------|
| -Loyalton    | March | 4  | Thursday | 11:30am | Loyalton Senior Center |
| -Downieville | March | 25 | Thursday | 11:30am | Senior Center          |

### FAMILY PLANNING CLINICS: (No fee) By appointment only. 993-6704

|       |    |         |              |
|-------|----|---------|--------------|
| March | 2  | Tuesday | 11 am – 5 pm |
| March | 8  | Monday  | 10 am – 2 pm |
| March | 16 | Tuesday | 9 am – 1 pm  |
| March | 29 | Monday  | 1 pm – 5 pm  |

**PERINATAL SERVICES:** (No fee) Information on having a healthy baby, pregnancy testing and services for pregnant women, including childcare, transportation, prenatal care and childbirth education.

- Loyalton Call 993-6704 for an appointment.
- Downieville Call 993-6704 for an appointment.

### STD/HIV/AIDS INFORMATION AND TESTING SERVICES: (No fee)

Confidential testing services including oral testing. Rapid HIV Testing (Results on the same day.)

- Loyalton, Call for an appointment 993-6704.
- Downieville, Call for an appointment 993-6704.

INFORMATION ON THESE OR OTHER SERVICES, PLEASE PHONE SIERRA COUNTY HEALTH DEPARTMENT AT (530) 993-6700. ALL SERVICES ARE CONFIDENTIAL.