

# PROTECT AND IMMUNIZE NEVADA'S NEWBORNS (PINN)

Dear Nevadans,

We at the Nevada Division of Public and Behavioral Health (DPBH) wish to extend warm greetings to all parents and caregivers in all our beautiful state of Nevada. Our mission is to protect, promote and improve the physical and behavioral health and safety of all people in Nevada, equitably and regardless of circumstances, so they can live their safest, longest, healthiest, and happiest life. We are committed to ensuring every person caring for a newborn in our communities has the resources and support needed to nurture the health and wellbeing of all children.

We are pleased to introduce our new online resource guide, a valuable tool designed to assist you on your journey as a parent/caregiver. This guide is a comprehensive collection of information and resources covering a wide range of topics, including immunizations, childcare, safety, and more. It was crafted with the goal of helping Nevadans to make informed decisions that promote the health of all families within our communities. This resource guide is one of the ways we aim to support you in your role as a parent and caregiver. We are here for you, ready to provide guidance, answer questions, and assist in any way. Please explore this guide and reach out if you have questions or to share your feedback. Your input will help to continually improve the usefulness of this resource guide to better serve the State of Nevada.

To provide feedback regarding this new resource guide, please scan the QR code to open the survey:



We wish you and the new baby in your life, the very best in the coming months. If you have any questions or need additional resources, please feel free to contact or visit us online at [Immunizations](#) and [Maternal, Child and Adolescent Health \(MCAH\)](#).

Warm Regards,  
Division of Public and Behavioral Health

**\*\*This project is brought to you through Funds for Healthy Nevada\*\***

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## CAR SEAT SAFETY



Nevada Department of  
**Public Safety**  
Office of Traffic Safety

**zero**  
Fatalities  
*Live on the Line*

# CAR SEAT SAFETY

## CHOOSE THE RIGHT SEAT



### REAR-FACING



A **rear-facing** car seat is the best seat for your young child to use. It has a harness and, in a crash, cradles and moves with your child.

### FORWARD-FACING



A **forward-facing** car seat has a harness and tether that limits your child's forward movement during a crash. Keep your child in a harness car seat, if possible, to the weight or height limit allowed by the manufacturer.

### BOOSTER



A **booster** seat positions the seat belt so that it fits properly over the stronger parts of your child's body: Hips, Chest, Shoulders.

### SEAT BELT



Proper seat belt fits when:

- Lap belt lies snugly across upper thighs, not touching the stomach.
- The shoulder belt lies snug across the shoulder and chest, not across the face or neck. Children under 13 years should sit in the rear seat.

The information presented are recommendations.  
Please contact a Child Passenger Safety Technician or a Car Seat Manufacturer to determine the best car seat for your child.



When installed, a car seat should not move more than ONE inch from side to side, and front to back at the belt path.



Infant Rear-Facing Only seats should be installed at a 45-degree angle. Check the angle indicator on your seat.



Check the harness slack by pinching the harness at the shoulders. There should be no excess when pinched. Chest clip should be across the armpits.



The harness should be at or BELOW the shoulders if rear facing, or at or ABOVE the shoulders if forward facing.



Always use the tether anchor when using a forward-facing seat. Consult the vehicle owner's manual to locate the anchor points.



Check the seat to find the expiration date. Do not use the seat past the date listed.



Do not use products that did not come with the seat. Check with the car seat manufacturer with any questions.

**NRS 484B.157**

- A child less than 6 years of age and less than 57 inches tall must be secured in a child restraint system.
- A child who is less than 2 years of age must be secured in a rear-facing child restraint system in the back seat of a motor vehicle.

**Office of Traffic Safety**

107 Jacobsen Way • Carson City, NV 89711  
Telephone (775) 684-7470 • Fax (775) 684-7482

4615 W. Sunset Road • Las Vegas, NV 89118  
Telephone (702) 432-5124 • Fax (702) 432-5377

**Scan for more information on:**

- The Nevada Office of Traffic Safety
- National Child Passenger Safety Board
- Locally Funded Agencies



[ZeroFatalitiesNV.com](http://ZeroFatalitiesNV.com)

## CRIBS FOR KIDS



If you need help providing a safe sleep environment for your infant or an infant under your care, please scan the QR Code below, or go to [www.nvmch.org](http://www.nvmch.org)



You may also call 702-616-4918 for more information.



### ABOUT CRIBS FOR KIDS

Cribs for Kids is a national non-profit organization whose mission is to reduce infant sleep-related deaths by educating the public about infant safe sleep practices and providing portable cribs to families in need through our network of Cribs for Kids Partners.

LEARN MORE AT  
[www.cribsforkids.org](http://www.cribsforkids.org)



This brochure was supported by the Nevada State Department of Health and Human Services through Grant Number BOMC47431 from Health Resources and Services Administration (HRSA) and State General Fund.



## 12 Steps for Safe Sleep

**Step 1**



Place baby on their back to sleep for every sleep

**Step 2**



Place baby on a firm, flat, mattress in a safety-approved crib, bassinet, or pack-and-play for every sleep

**Step 3**



Feed baby breast milk for at least the first two months and ideally six to twelve months to lower the risk of death

**Step 4**



Room share with baby in their separate safe sleep space for at least the first six months

**Step 5**



Remove everything from baby's safe sleep space except for a tightly fitted sheet and pacifier

**Step 6**



Use a pacifier for naps and at night to reduce the risk of death by 50%

**Step 7**



Avoid smoking, vaping, and impairment during pregnancy and while caring for baby

**Step 8**



Dress baby for sleep to avoid overheating, follow safety tips for swaddling, and no hats

**Step 9**



Attend all scheduled medical appointments for mother and baby and keep up with baby's vaccinations

**Step 10**



Use caution when buying products and devices for baby and always practice safe sleep

**Step 11**



Practice Tummy Time to increase baby's strength and encourage proper development

**Step 12**



Spread the Safe Sleep message in your community

**Practice these 12 steps for the first 12 months.**



## Safe Sleep AMBASSADOR

Saving little lives is a big deal! Take the next step, become a Safe Sleep Ambassador, and spread the Safe Sleep message in your community!

Scan the QR Code below to take the free, online Safe Sleep Ambassador training to learn more about infant safe sleep.



## CYTOMEGALOVIRUS (CMV)



Learn how to protect your unborn baby from CMV (cytomegalovirus), the leading viral cause of birth defects and developmental disabilities, including hearing loss, vision loss, and cerebral palsy.

CMV is an often symptomless virus that is spread through saliva, mucus, and urine. Healthy babies, toddlers, and young children can get CMV from their peers and pass it to their pregnant mother.

### Tips to protect yourself and your unborn baby from CMV:

- When you kiss a young child, try to avoid contact with saliva.
- For example, you might kiss on the forehead or cheek rather than the lips.
- Do not put things in your mouth that have just been in a child's mouth, including food, cups, forks or spoons, and pacifiers.
- Wash your hands after wiping a child's nose or mouth and changing diapers.

Learn more at: [www.NationalCMV.org](http://www.NationalCMV.org)

## HEATSTROKE SAFETY



[nsc.org/heatstroke](http://nsc.org/heatstroke)  
[nsc.org/hotcars](http://nsc.org/hotcars)

CARS GET HOT ENOUGH  
TO KILL IN **MINUTES.**

MAKE IT A HABIT  
TO **ALWAYS** LOOK  
BEFORE YOU LOCK.



ELAPSED TIME	Outside Air Temperature			
	75	80	85	90
0 minutes	75	80	85	90
10 minutes	94	99	104	109
20 minutes	104	109	114	119
30 minutes	109	114	119	124
40 minutes	113	118	123	128
50 minutes	116	121	126	131
60 minutes	118	123	128	133

Courtesy Jan Null, CCM; Department of Meteorology & Climate Science, San Jose State University

## LEAD EXPOSURE

# HOW LEAD AFFECTS CHILDREN



## SOME EFFECTS MAY NOT SHOW UP UNTIL I GROW UP!

### SOURCES OF LEAD EXPOSURE



Lead can be in everyday items like jewelry, tile, ceramics, and stained glass. You might even use lead at work or in hobbies like mining, welding, fishing, pottery, and home renovations. Some alternative medicines may contain lead like azarcon, kohl, ba-baw-san, and some ayurvedic medicines, among others.

ASK YOUR CHILD'S DOCTOR FOR A LEAD TEST AT THEIR NEXT APPOINTMENT.

Test at **12 and 24 months.**

If not previously tested, test at least once by **6 years old.**



For more information, visit [NVCLPPP.ORG](http://NVCLPPP.ORG) or call us at:



775-453-0434 Northern Nevada  
702-896-1040 Southern Nevada

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## LOOK BEFORE YOU LOCK!

# LOOK BEFORE YOU LOCK!

**Create a routine!** Check off the tasks you will try today.

- 
- |                          |   |  |
|--------------------------|---|--|
| <input type="checkbox"/> |    | Make it a routine to open the back door of your car every time you park.   |
| <input type="checkbox"/> |    | If you are driving a child, after you correctly buckle them in a car seat or booster seat— <b>put something you need at your destination in the back seat</b> so you will open the back door: a cellphone, employee badge, handbag, or other item you need to keep with you. |
| <input type="checkbox"/> |    | Ask your babysitter or child care provider to contact you if your child hasn't arrived as scheduled.   |
| <input type="checkbox"/> |    | Keep a stuffed animal in the child's car seat. Place it on the front passenger seat as a reminder when the child is in the back seat.  |
| <input type="checkbox"/> |  | Set the alarm on your cell phone or computer calendar as a reminder to drop your child off at child care. Remember to make the alarm song/sound different from all other alert sounds on your device.  |
| <input type="checkbox"/> |  | If you have a <b>change in routine</b> , such as your spouse or parent dropping your child off at child care instead of you, make sure you and the other person communicate to confirm the drop-off was made.  |
| <input type="checkbox"/> |  | Consider technology that alerts drivers to check the back seat. (Vehicle and child restraint manufacturers have been working on various evolving alert systems and some technologies are available now!)   |
- 



[nsc.org/heatstroke](https://nsc.org/heatstroke)

[noheatstroke.org](https://noheatstroke.org)

[nhtsa.gov/campaign/heatstroke](https://nhtsa.gov/campaign/heatstroke)

## MATERNAL HOTLINE

# Not Feeling Like Yourself?

Let's Talk About It.

For emotional support  
& resources, call or text  
the National Maternal  
Mental Health Hotline.



Always  
Free — 24/7



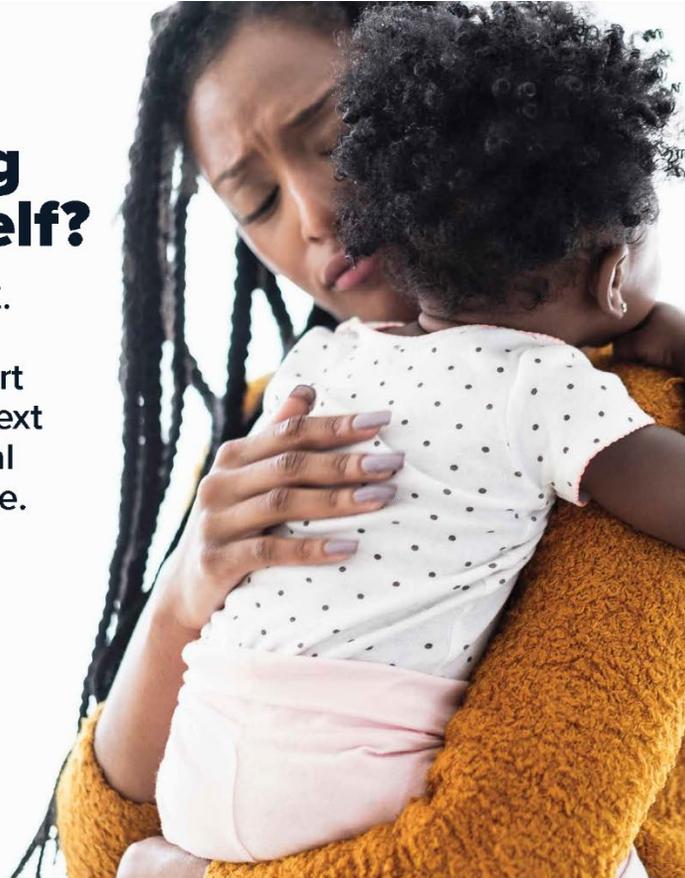
Confidential  
Call & Text



Support &  
Resources



60+  
Languages



Are you a new parent – or about to be – and feeling sad, worried, overwhelmed, or concerned that you aren't good enough? These are common feelings during or after pregnancy and help is available. The National Maternal Mental Health Hotline's counselors provide 24/7, free, confidential emotional support and resources to help you feel better.



Call or text  
**1-833-TLC-MAMA**  
**(1-833-852-6262)**

Don't wait. Reach out today.



NMHH-4-006

MCH COALITION

Up to **1 in 5 women** will experience depression during pregnancy or after birth



**confusion**

loss of appetite

sadness

20%

Up to 20% of birthing persons suffer from depression or anxiety during pregnancy or after the birth of a child. That's 800,000 moms a year. When they suffer from depression their family suffers. It's critical that new and expecting families be informed.

difficulty in focusing **mental fog**  
**excessive worry**

Trouble falling or staying asleep  
or sleeping too much

Easily Irritated or Angry

**Talk to your health care professional**

**Understand the triggers - Know it is treatable**

Please contact the PSI Helpline at 1-800-944-4773

(#1 En Espanol or #2 English) or TEXT:

English: 503-894-9453 | Espanol: 971-420-0294

Call or Text MCH's PMAD

Program Coordinator: 775.553.8024

Visit [nvnmch.org](http://nvnmch.org) for additional resources.



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## NEVADA BREASTFEEDS



NevadaBreastfeeds.org

Breastfeeding.  
Good For Parents. Good for Babies.  
Good for Business.



Nevada Division of Public and Behavioral Health  
Maternal Child and Adolescent Health  
Contact: Maternal and Infant Coordinator  
Phone: (775) 684-5901



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## NEVADA CHILDREN'S MEDICAL HOME PORTAL

# Nevada Children's Medical Home Portal

*A "one-stop shop" for clinicians,  
families, and care coordinators of  
Children and Youth with Special Health  
Care Needs (CYSHCN)*

- ★ Support for primary care clinicians caring for children with any of 40+ chronic conditions or an abnormal newborn screening test
- ★ Information and tools to help clinicians provide comprehensive care and partner with families
- ★ Up-to-date, best-practice guidelines
- ★ Referral & resource info to help families with special needs access local services in Nevada, Utah, Idaho, Montana, & New Mexico
- ★ Links to other valuable websites, online resources, and tools
- ★ Information to support parents caring for CYSHCN from birth, or diagnosis, through transition to adulthood



FOR MORE INFORMATION:

**833-427-1673**

CYSHCN toll-free line staffed by Family Navigation Network

<https://nv.medicalhomeportal.org/>

[infoNV@medicalhomeportal.org](mailto:infoNV@medicalhomeportal.org)



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## NEVADA PRAMS



## Your story, your voice. Helping future moms and babies in Nevada.

Throughout Nevada, new moms are helping each other by completing the Nevada PRAMS Survey. The survey gathers information about your experience before, during and after pregnancy. If you receive a Nevada PRAMS Survey in the mail, please take the time to share your story. Responses are confidential and will help improve the health and well-being of women and babies in Nevada.

**Together we can help women in Nevada have healthier pregnancies and babies!**

To learn more, call 1-800-429-2669  
or visit us at <http://nvprams.dpbh.nv.gov>



Nevada Department of  
Health and Human Services

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## NEVADA WEBIZ PUBLIC ACCESS PORTAL

Nevada WebIZ is a confidential online Immunization Information System (IIS) used statewide by doctors and nurses to keep track of their patients' immunizations. Through the Public Access Portal website:

- Parents and legal guardians can print official immunization records for their child(ren) (ages 0 through 17 years), and
- Adult individuals (ages 18 years and over) can print an official immunization record for themselves.

This is an official record and can be used as proof of immunization for school entry, summer camp, employment, etc.

### Six Easy Steps to Finding a Record Through the Public Access Portal

- 1) Ask your doctor to update your email address and cell phone number on your and/or your child(ren)'s Nevada WebIZ record.
- 2) Visit the Public Access Portal at:

[HTTPS://IZRECORD.NV.GOV](https://izrecord.nv.gov)



- 3) From the dropdown in the upper left corner, select your language preference (*English or Spanish*)
- 4) Select whose record you are seeking (*Me or Dependent*), then enter the Last Name, First Name, Date of Birth, and Gender of the person whose record you are searching for.
- 5) Verify your identity by selecting where you would like the Access Code sent (*Mobile Phone or Email Address*) and enter the mobile phone number or email address.
- 6) Enter the Verification Code in the text box on the next screen and select *Verify*.
- 7) Download and save/print the Official Immunization Record, COVID-19 Record, or COVID-19 QR Code (Adobe .PDF format) to have for your records.

Please feel free to contact our Help Desk at 775-684-5954 or via email at [izit@health.nv.gov](mailto:izit@health.nv.gov) if:

- Your doctor's office is not entering immunizations into Nevada WebIZ (Nevada law requires that all immunizations given in Nevada be stored in Nevada WebIZ),
- You experience any trouble accessing the Public Access Portal, or
- You have any questions or concerns.

Learn more about Nevada WebIZ by visiting:  
[http://dpbh.nv.gov/Programs/WebIZ/WebIZ\\_-\\_Home](http://dpbh.nv.gov/Programs/WebIZ/WebIZ_-_Home)

## POST-BIRTH WARNING SIGNS

**SAVE  
YOUR  
LIFE:**

### Get Care for These POST-BIRTH Warning Signs

Most women and postpartum people who give birth recover without problems. **But anyone can have a complication for up to one year after birth.** Learning to recognize these POST-BIRTH warning signs and knowing what to do can save your life.



<p><b>Call 911</b> if you have:</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>P</b>ain in chest</li> <li><input type="checkbox"/> <b>O</b>bstructed breathing or shortness of breath</li> <li><input type="checkbox"/> <b>S</b>eizures</li> <li><input type="checkbox"/> <b>T</b>houghts of hurting yourself or someone else</li> </ul>
<p><b>Call your healthcare provider</b> if you have: (you only need one sign) <small>(If you can't reach your healthcare provider, call 911 or go to an emergency room)</small></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>B</b>leeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger</li> <li><input type="checkbox"/> <b>I</b>ncision that is not healing</li> <li><input type="checkbox"/> <b>R</b>ed or swollen leg, that is painful or warm to touch</li> <li><input type="checkbox"/> <b>T</b>emperature of 100.4°F or higher or 96.8°F or lower</li> <li><input type="checkbox"/> <b>H</b>eadache that does not get better, even after taking medicine, or bad headache with vision changes</li> </ul>

**Tell 911 or your healthcare provider:**

"I gave birth on \_\_\_\_\_ and  
(Date)  
I am having \_\_\_\_\_"  
(Specific warning signs)



Scan here to download this handout in multiple languages.

These post-birth warning signs can become life-threatening if you don't receive medical care right away because:

- **Pain in chest, obstructed breathing or shortness of breath** (trouble catching your breath) may mean you have a blood clot in your lung or a heart problem
- **Seizures** may mean you have a condition called eclampsia
- **Thoughts or feelings of wanting to hurt yourself or someone else** may mean you have postpartum depression
- **Bleeding (heavy)**, soaking more than one pad in an hour or passing an egg-sized clot or bigger may mean you have an obstetric hemorrhage
- **Incision that is not healing, increased redness or any pus** from episiotomy, vaginal tear, or C-section site may mean an infection
- **Redness, swelling, warmth, or pain** in the calf area of your leg may mean you have a blood clot
- **Temperature of 100.4°F or higher or 96.8°F or lower**, bad smelling vaginal blood or discharge may mean you have an infection.
- **Headache (very painful), vision changes, or pain in the upper right area of your belly** may mean you have high blood pressure or post birth preeclampsia



This program is supported by funding from Merck through Merck for Mothers. Merck for Mothers is known as MSD for Mothers outside the United States and Canada.

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16005

## RECOMMENDED VACCINATIONS

**Your child needs vaccines as they grow!**  
2024 Recommended Immunizations for Birth Through 6 Years Old

Want to learn more?  
Scan this QR code to find out which  
vaccines your child might need. Or visit  
[www.cdc.gov/vaccines/tool/child.html](http://www.cdc.gov/vaccines/tool/child.html)



VACCINE OR PREVENTIVE ANTIBODY	BIRTH	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS	7 MONTHS	8 MONTHS	12 MONTHS	15 MONTHS	18 MONTHS	19 MONTHS	20-23 MONTHS	2-3 YEARS	4-6 YEARS
<b>RSV antibody</b>	Depends on mother's RSV vaccine status						Depends on child's health status							
<b>Hepatitis B</b>	Dose 1	Dose 2			Dose 3									
<b>Rotavirus</b>			Dose 1	Dose 2	Dose 3									
<b>DTaP</b>			Dose 1	Dose 2	Dose 3				Dose 4					Dose 5
<b>Hib</b>			Dose 1	Dose 2	Dose 3		Dose 4							
<b>Pneumococcal</b>			Dose 1	Dose 2	Dose 3		Dose 4							
<b>Polio</b>			Dose 1	Dose 2	Dose 3								Dose 4	
<b>COVID-19</b>				At least 1 dose of updated (2023-2024 Formula) COVID-19 vaccine										
<b>Influenza/Flu</b>				Every year. Two doses for some children										
<b>MMR</b>								Dose 1						Dose 2
<b>Chickenpox</b>								Dose 1						Dose 2
<b>Hepatitis A</b>							2 doses separated by 6 months							

**KEY**

- ALL children should be immunized at this age.
- SOME children should get this dose of vaccine or preventive antibody at this age

**Talk to your child's health care provider for more guidance if:**

1. Your child has any medical condition that puts them at higher risk for infection.
2. Your child is traveling outside the United States.
3. Your child misses a vaccine recommended for their age.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

**FOR MORE INFORMATION**  
Call toll-free: 1-800-CDC-INFO (1-800-232-4636)  
Or visit: [www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents)



American Academy  
of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN®

## What diseases do these vaccines protect against?

BIRTH–6 YEARS OLD

VACCINE-PREVENTABLE DISEASE	DISEASE COMPLICATIONS
<b>RSV (Respiratory syncytial virus)</b> Contagious viral infection of the nose, throat, and sometimes lungs; spread through air and direct contact	Infection of the lungs (pneumonia) and small airways of the lungs; especially dangerous for infants and young children
<b>Hepatitis B</b> Contagious viral infection of the liver; spread through contact with infected body fluids such as blood or semen	Chronic liver infection, liver failure, liver cancer, death.
<b>Rotavirus</b> Contagious viral infection of the gut; spread through the mouth from hands and food contaminated with stool	Severe diarrhea, dehydration, death
<b>Diphtheria*</b> Contagious bacterial infection of the nose, throat, and sometimes lungs; spread through air and direct contact	Swelling of the heart muscle, heart failure, coma, paralysis, death
<b>Pertussis (Whooping Cough)*</b> Contagious bacterial infection of the lungs and airway; spread through air and direct contact	Infection of the lungs (pneumonia), death; especially dangerous for babies
<b>Tetanus (Lockjaw)*</b> Bacterial infection of brain and nerves caused by spores found in soil and dust everywhere; spores enter the body through wounds or broken skin	Seizures, broken bones, difficulty breathing, death
<b>Hib (Haemophilus influenzae type b)</b> Contagious bacterial infection of the lungs, brain and spinal cord, or bloodstream; spread through air and direct contact	Depends on the part of the body infected, but can include brain damage, hearing loss, loss of arm or leg, death
<b>Pneumococcal</b> Bacterial infections of ears, sinuses, lungs, or bloodstream; spread through direct contact with respiratory droplets like saliva or mucus	Depends on the part of the body infected, but can include infection of the lungs (pneumonia), blood poisoning, infection of the lining of the brain and spinal cord, death
<b>Polio</b> Contagious viral infection of nerves and brain; spread through the mouth from stool on contaminated hands, food or liquid, and by air and direct contact	Paralysis, death
<b>COVID-19</b> Contagious viral infection of the nose, throat, or lungs; may feel like a cold or flu. Spread through air and direct contact	Infection of the lungs (pneumonia); blood clots; liver, heart or kidney damage; long COVID; death
<b>Influenza (Flu)</b> Contagious viral infection of the nose, throat, and sometimes lungs; spread through air and direct contact	Infection of the lungs (pneumonia), sinus and ear infections, worsening of underlying heart or lung conditions, death
<b>Measles (Rubeola)†</b> Contagious viral infection that causes high fever, cough, red eyes, runny nose, and rash; spread through air and direct contact	Brain swelling, infection of the lungs (pneumonia), death
<b>Mumps†</b> Contagious viral infection that causes fever, tiredness, swollen cheeks, and tender swollen jaw; spread through air and direct contact	Brain swelling, painful and swollen testicles or ovaries, deafness, death
<b>Rubella (German Measles)†</b> Contagious viral infection that causes low-grade fever, sore throat, and rash; spread through air and direct contact	Very dangerous in pregnant people; can cause miscarriage or stillbirth, premature delivery, severe birth defects
<b>Chickenpox (Varicella)</b> Contagious viral infection that causes fever, headache, and an itchy, blistering rash; spread through air and direct contact	Infected sores, brain swelling, infection of the lungs (pneumonia), death
<b>Hepatitis A</b> Contagious viral infection of the liver; spread by contaminated food or drink or close contact with an infected person	Liver failure, death

\*DTaP protects against tetanus, diphtheria, and pertussis

†MMR protects against measles, mumps, and rubella

Last updated January 2024

## RSV- INFANTS AND YOUNG CHILDREN

Accessible link: [www.cdc.gov/rsv/high-risk/infants-young-children.html](https://www.cdc.gov/rsv/high-risk/infants-young-children.html)

### RSV in Infants and Young Children

Respiratory syncytial virus, or RSV, is a common virus that affects the lungs. RSV season starts in the fall and peaks in the winter in most regions of the U.S.

#### Protect your young child from RSV.

There are two options to protect babies from severe RSV. Most babies only need one, not both.

**RSV vaccine** given during pregnancy:

- Protection passed to baby during pregnancy
- Recommended when 32-36 weeks pregnant
- Usually given during September-January

**RSV antibody** given to the baby:

- Directly provides protection to baby
- Recommended for babies younger than 8 months
- Usually given during October-March

A dose of RSV antibody is also recommended for the following children between the ages of 8 and 19 months entering their second RSV season:

- Children who have chronic lung disease from being born prematurely
- Children who are severely immunocompromised
- Children with cystic fibrosis who have severe disease
- American Indian and Alaska Native children

**Talk to your healthcare provider to determine which option is best for you and your baby.**



**RSV is the  
LEADING CAUSE  
of infant  
hospitalization  
in the U.S.**



[www.cdc.gov/rsv](https://www.cdc.gov/rsv)

CS 341839-C September 2023

## SOBER MOMS, HEALTHY BABIES

# Get help now!



Pregnant people receive priority treatment  
at state funded substance use treatment centers.

Visit [www.Sobermomshealthybabies.org](http://www.Sobermomshealthybabies.org)

Call 211 or 1-800-450-9530



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## VACCINES FOR CHILDREN (VFC)

# Did You Know Your Child Can Get Free Vaccines?

## Vaccines for Children Can Help

The Vaccines for Children (VFC) program provides free vaccines to children who qualify. About half of American children less than 19 years old receive VFC vaccine.

### Is my child eligible for the VFC Program?

Children are eligible if it is before their 19th birthday and they:

- Qualify for Medicaid
- Don't have insurance
- Are American Indian or Alaska Native

Children whose insurance doesn't cover some or all routinely recommended vaccines (underinsured) can still get vaccines through VFC if they go to a Federally Qualified Health Center or Rural Health Clinic.

### Where can I go to get my child vaccinated?

- Ask if your child's doctor or nurse is a VFC provider. Nationally, there are thousands of health care providers enrolled in the VFC program.
- If your child does not have a doctor, ask if your local public health department provides vaccines.
- Visit a Federally Qualified Health Center (FQHC) or Rural Health Clinic (RHC).

### How much will I have to pay?

- All routinely recommended vaccines are free through the VFC Program.
- Doctors can charge fees to give each shot. However, they cannot refuse to vaccinate your child if you are unable to pay these fees.
- The doctor can charge additional fees for the office visit or non-vaccine services such as an eye exam or blood test.

### Where can I get more information?

- Ask your child's doctor's office if they participate in VFC.
- If you don't have a regular doctor's office:
  - See if your state has a searchable website for VFC providers.
  - Call your [state or local health department](#).
  - Visit [findahealthcenter.hrsa.gov](https://findahealthcenter.hrsa.gov) to find a Federally Qualified Health Center.



Learn more at [CDC.gov/vaccines/programs/vfc/parents/](https://www.cdc.gov/vaccines/programs/vfc/parents/)



## WATER SAFETY TIPS FOR NEW PARENTS

# Water safety tips for new parents



As your child grows, think about **water safety** around the house!

infant



crawler



toddler



child



teen



When you bring home a new baby, take steps to protect your child from water hazards around the home. Do the same when you visit friends or relatives, too.

Remember, children can drown in as little as

**1-2 inches of water,**  
and it can happen quickly and silently.



Stay within **arm's reach** whenever your baby is near water

Do not rely on bath seats or bath rings to keep your baby safe. An adult must always be watching.



### Have a pool?

Protect your baby by making sure it has a **fence around all four sides**, especially between the **pool and house**.



Empty **buckets, bathtubs, and wading pools** after each use.



Install a latch or doorknob cover on bathroom doors. **Install latches on toilets.**

Never carry your baby and a **hot liquid, like coffee or tea**, at the same time. Be careful about babies on people's laps at the table for the same reason.



### Avoid burns.

Set your water heater so the **hottest temperature** at the faucet is **120° F**.

**120° F**



healthychildren.org  
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from the American Academy of Pediatrics

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN®



## WIC



**GIVE  
YOUR  
FAMILY A  
HEALTHY  
START**



1-800-8-NEV-WIC • NevadaWIC.org

## ADDITIONAL RESOURCES

Visit the links below to access helpful information and resources for you and your newborn:

[4th Trimester Project - A Village for Mothers](#)

[Autism Coalition of Nevada](#)

[Carbon Monoxide Poisoning](#)

[Childcare](#)

[Family Navigation Network](#)

[Family Resource Center- Statewide](#)

[Feeling Overwhelmed?](#)

[Healthy Children- American Academy of Pediatrics](#)

[Help Paying for Childcare - Children's Cabinet](#)

[Home Visiting Program](#)

[Homepage – Project Childsafe](#)

[Medication Safety - American Academy of Pediatrics](#)

[My Care | Home](#)

[Nevada 211 Health and Human Services | Helping Nevadans](#)

[Call 2-1-1 or 1-866-535-5654; Text your zip code to 898211](#)

[Nevada Early Hearing Detection and Intervention](#)

[Nevada Resources for Autism](#)

[Parent Resources - Nevada Childcare Resource & Referral](#)

[Pool Safety](#)

[Positive Parenting Tips](#)

[Programs for Infants and Toddlers with Disabilities](#)

[Project ASSIST](#)

[PURPLE Crying](#)

[Safe Storage](#)

[Self-Care](#)

[The A B C & Ds of Drowning Prevention](#)

[Tip Over Safety](#)

[Tips for Families with Young Children](#)

[ZERO TO THREE | Early Connections Last a Lifetime](#)

## COUNTY SPECIFIC SERVICES

Visit the links below to access county-specific information and resources for you and your newborn:

[Carson City](#)

[Carson City Health and Human Services](#)

[Churchill County](#)

[Clark County](#)

[Douglas County](#)

[Elko County](#)

[Esmeralda County](#)

[Eureka County](#)

[Humboldt County](#)

[Lander County](#)

[Lincoln County](#)

[Lyon County](#)

[Mineral County](#)

[Nye County Communities](#)

[Pershing County](#)

[Storey County](#)

[Washoe County](#)

[White Pine County](#)