A Nuestros Vecinos:

It is my pleasure to present to you the 2018-2019 “La Guía,” a directory for our Spanish-speaking population. This comprehensive guide is filled with valuable information to help navigate the wide variety of services, organizations and resources available here in northeast Florida.

I commend the Mayor’s Hispanic American Advisory Board (MHAAB) and the Duval County division of the Florida Department of Health for identifying the importance of La Guía and collaborating each year on its publication. It is my hope that this guide will help citizens determine where to go for their medical, legal, neighborhood and government needs.

Jacksonville’s rich diversity is an integral part of its success, and the Hispanic community is a growing, active segment in virtually every sector of our city. I applaud and encourage your continued contributions to our mission for “Una Ciudad. Un Jacksonville.”

Gracias,

Lenny Curry
Mayor
Dear Community Members,

Despite the recent slowdown in growth, the Hispanic population continues to expand in many communities across the nation – including in our very own. About one in eleven people in Duval County are Hispanic, which represents about a 32% increase since 2010. Duval County Hispanics face many potential barriers to good health, such as higher rates of being uninsured and differences in income, education, and employment opportunities. Despite these barriers, Hispanics in Duval County tend to have better health outcomes than non-Hispanic whites. However, higher rates of health risk behaviors among youth may offset the health advantages of Hispanics in the future.

In our daily mission to protect and improve the health of all Duval county residents, it is our responsibility to identify those potential barriers to good health and implement strategies to improve health outcomes. Through our daily efforts, we can address some of the factors that impact the Hispanic population’s ability to achieve optimal health. These include high rate of being uninsured, low incomes, and language barriers. Because Hispanics in Duval County are on average 11 years younger than non-Hispanics whites, interventions implemented now to improve Hispanic health will have a higher return on investment.

We have made strides in our efforts to educate and provide tools to the Hispanic community. By providing access to organizations and services, the Hispanic Resource Guide is a small step toward achieving health equity; however, our work is far from over. Through cross-sector engagement, we will continue to identify opportunities to maximize access to health and social services for Hispanics in Duval County. Our work is not over until all Duval County residents have the same opportunity to attain their full health potential.

Pauline J. Rolle, MD, MPH, FAAP, CPH
Medical Director of the Florida Department of Health in Duval County
TABLE OF CONTENTS

Hispanic Health
  Hispanic Population 5
  Health Behaviors and Chronic Disease Conditions 6
  Youth Health Risk Behaviors 7

Community Health Improvement Plan 8

Important Phone Numbers 9

RESOURCES

Education 9
Emergency Preparedness 10
Employment 11
Food 11
Government Agencies 12
Health
  The Florida Department of Health in Duval County 14
  Primary Care 15
  Specialty Care 16
Housing 17
Legal 17
Social Services 18
One in eleven persons living in Duval County are Hispanic. In 2017, 86,941 Hispanics lived in Duval County, representing a 32% increase from 2010. During this same time period, the non-Hispanic white population in Duval County increased 7%. During this same time period, the Non-Hispanic White population in Duval County increased 4%. Duval County is divided into six health zones (HZ) based on mutually exclusive zip codes tied to county organization and demographics. Each HZ represents different geographic areas of the county - the urban core (HZ1), the greater Arlington area (HZ2), the southeast (HZ3), the southwest (HZ4), the outer rim (HZ5), and the beaches (HZ6). Although the Hispanic community is spread across Duval County, the zip codes with the highest proportion of Hispanic residents are 32212 (17%), 32246 (16%), 32227 (15%), 32207 (13%), 32216 (13%), and 32244 (12%). These zip codes are located in HZs 2 and 4.
The Behavioral Risk factor Surveillance System collects data about U.S. residents regarding their health-related risk behaviors, chronic health conditions, and use of prevention services. Hispanics in Duval County have different degrees of self-reported health risk behaviors and chronic disease conditions than non-Hispanic whites. In 2016:

**Health risk behaviors:**
- More Hispanic adults (39%) were overweight than non-Hispanic whites (35%)
- More Hispanics (58%) were insufficiently physically active than non-Hispanic whites (47%)
- Fewer Hispanic adults (18%) reported heavy/binge drinking than non-Hispanic whites (22%)

**Health care coverage and access:**
- Fewer Hispanic adults (66%) had any type of health insurance coverage than non-Hispanic whites (88%)
- More Hispanic adults (28%) did not see a doctor in the past year due to cost than non-Hispanic whites (17%)
- Fewer Hispanic adults (54%) had their cholesterol checked than non-Hispanic whites (78%)
- More Hispanic women had a Pap test (85%) than non-Hispanic whites (74%)
- More Hispanics adults (61%) had ever been tested for HIV than non-Hispanic whites (50%)

**Chronic disease conditions:**
- 41% less cancer than non-Hispanic whites
- 41% less chronic obstructive pulmonary disease (COPD)
- 34% less heart disease than non-Hispanic whites
- 14% less diabetes than non-Hispanic whites

<table>
<thead>
<tr>
<th>Self-Reported Health Risk Behaviors, Health Care Access, and Chronic Disease Conditions</th>
<th>Non-Hispanic White</th>
<th>Hispanic</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Health risk behaviors</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overweight</td>
<td>35%</td>
<td>39%</td>
</tr>
<tr>
<td>Insufficient physical activity</td>
<td>47%</td>
<td>58%</td>
</tr>
<tr>
<td>Cigarette smoking</td>
<td>17%</td>
<td>16%</td>
</tr>
<tr>
<td>Heavy/binge drinking</td>
<td>22%</td>
<td>18%</td>
</tr>
<tr>
<td><strong>Health care coverage and access</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health insurance</td>
<td>88%</td>
<td>66%</td>
</tr>
<tr>
<td>Did not see doctor due to cost</td>
<td>17%</td>
<td>28%</td>
</tr>
<tr>
<td>Cholesterol checked in past 2 years</td>
<td>78%</td>
<td>54%</td>
</tr>
<tr>
<td>Women age 21-65 with Pap test in past 3 years</td>
<td>74%</td>
<td>85%</td>
</tr>
<tr>
<td>Ever been tested for HIV</td>
<td>50%</td>
<td>61%</td>
</tr>
<tr>
<td><strong>Chronic disease conditions</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cancer</td>
<td>7%</td>
<td>4%</td>
</tr>
<tr>
<td>COPD</td>
<td>10%</td>
<td>6%</td>
</tr>
<tr>
<td>Heart disease</td>
<td>6%</td>
<td>4%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>10%</td>
<td>8%</td>
</tr>
</tbody>
</table>
The Youth Risk Behavior Surveillance System monitors six categories of health-risk behaviors, that contribute to the leading causes of disease and death among youth and adults, including: 1) behaviors that contribute to unintentional injuries and violence; 2) sexual behaviors that contribute to unintended pregnancy and sexually transmitted infections, including HIV infection; 3) alcohol and other drug use; 4) tobacco use; 5) unhealthy dietary behaviors; and 6) physical inactivity. Differences exist between the health risk behaviors of Hispanic and non-Hispanic white high school students in Duval County. In 2017:

Violence, suicide, and safety behaviors:
- 1 in 5 Hispanic students missed school because they felt unsafe, compared to 1 in 10 non-Hispanic white students (10%)
- 1 in 6 Hispanic students were threatened or injured with a weapon on school property, compared to 1 in 15 non-Hispanic white students
- About 1 in 4 Hispanic students attempted suicide in the past year, compared to 1 in 7 non-Hispanic white students

Sexual behaviors:
- Hispanic students (43%) were more likely to report ever having sex than non-Hispanic white students (33%)
- More Hispanic students (8%) reported having sexual intercourse before the age of 13 than non-Hispanic white students (3%)
- About 1 in 5 Hispanic students reported forced sexual activity, compared to 1 in 11 non-Hispanic white students

Alcohol, tobacco, and drug use behaviors:
- More Hispanic students (33%) were offered, sold, or given an illegal drug on school property than non-Hispanic white students (27%)
- 1 in 10 Hispanic students reported ever using heroin, compared to 1 in 31 non-Hispanic white students
- Hispanic students (10%) were more than three times more likely to report ever using methamphetamines than non-Hispanic white students (3%)
DUVAL COUNTY
COMMUNITY HEALTH IMPROVEMENT PLAN
2017 - 2019

GOALS:
Reduce deaths due to suicide

Behavioral Health

STRATEGIC PRIORITY

GOAL:
Reduce infant mortality and morbidity

Healthy Families and Healthy Babies

Strategic Priority 1

GOALS:
Increase the percent of children and adults who are at a healthy weight
Increase access to nutritious and affordable food

Healthy Jacksonville

Strategic Priority 2

GOALS:
Reduce deaths due to suicide
Reduce opioid use related deaths

Access to Care

Strategic Priority 4

GET INVOLVED!
The Community Health Assessment and Community Health Improvement Plan are community-driven processes. All residents are encouraged to participate in improving Duval County’s health.

The Florida Department of Health in Duval County · Healthy Jacksonville · 904-253-1489 · HealthyJacksonville.net
Números Importantes
Important Phone Numbers

Jacksonville Sheriff’s Office Emergency
911

Jacksonville Sheriff’s Office Non-Emergency
(904) 630-0500

United Way
For comprehensive information about local resources
211

Human Rights Commission
(904) 630-4911
coj.net/jhrc

MHAAB/ Mayor’s Hispanic American Advisory Board
(904) 630-7222
coj.net/mhaab

JTA (Public Transportation)
People with disabilities
(904) 265-6999

Community Shuttle Reservation
(904) 598-8724

Fixed Route Buses & Trolleys
(904) 630-3100

Florida Poison Control
(904) 222-1222

City of Jacksonville
(904) 630-2489

Voter Registration
(904) 630-1414
duvalelections.com

Federal Bureau of Investigation (FBI)
(904) 248-7000
fbi.gov

Hubbard House (Domestic Abuse)
(904) 354-3114
hubbardhouse.org

Mayor’s Hispanic American Advisory Board
(904) 630-7222
coj.net/departments/boards-and-commissions/hispanic-american-advisory-board.aspx

Rape Crisis Hotline
(904) 721-7273

Education
Educación

Early Learning Coalition of Duval
(904) 208-2044 ext.1
elcdual.org

Hispanic Education and Leadership Plan
(904) 290-1471

Jacksonville Public Education Fund
(904) 356-7757
jaxpef.org

Jacksonville Public Library
(904) 356-7757
jaxpubliclibrary.org
Jacksonville Urban League  
(904) 723-4007  
ul-jacksonville.iamempowered.com

United Way of Northeast Florida  
(904) 390-3200  
unitedwaynefl.org

Schools  
Duval County Public Schools  
(904) 390-2115  
duvalschools.org  
Student/school assignment

Edward Waters College  
(904) 470-8000  
ewc.edu

Florida State College at Jacksonville  
Deerwood Campus  
(904) 997-2513  
Downtown Campus  
(904) 633-8360  
Kent Campus  
(904) 381-3400  
North Campus  
(904) 766-6500  
fscj.edu

University of North Florida  
(904) 620-1000  
unf.edu

Jacksonville University  
(904) 256-7400  
ju.edu

---

Emergency Preparedness  
Preparación para emergencias

Are you prepared for storms, hurricanes, flooding or other natural disasters?  
Download the JAXREADY app to get alerts or register online at coj.net/alertjax to receive notifications from the City of Jacksonville regarding local and county-wide emergencies, including severe weather warnings. The service is free to Duval County residents.

Make a plan for you and your family before a storm or emergency  
• Find out if you are in an evacuation zone.  
• Give your family members the number of an out of town relative in case you are separated.  
• Pick a place to meet after a storm just in case you are separated.  
• Build your family’s emergency supply kit: water, non-perishable food, radio, flashlight, first aid kit, important papers and phone numbers, cell phone, medications, games, books, and eyeglasses.  
• Build your pet’s emergency supply kit: water, food, medications, toys, bowls, collar, leash, and vaccine records.
Evacuation Shelters

General population shelters are available if you need to evacuate and have no other place to go. Bring an air mattress, blankets, pillow, food, water, medication, important papers and medication, games, books, toys, flashlight, batteries, cell phone and charger.

Special needs shelters are available for people who have health conditions that require assistance from a medical professional. Shelters are managed by the Florida Department of Health in Duval County. You must pre-register for the Special Needs Shelter online at coj.net/special needs or call (904) 630-2489.

Pet friendly shelters are available for owners to care for their cats, dogs, birds or rabbits while sheltering during an emergency. Pets must be current on vaccines and in their own cage or crate.

(904) 630-2489
facebook.com/JaxReady
twitter.com/jaxready

Employment

Career Source Northeast Florida
(904) 798-9222
careersourcenortheastflorida.com

First Coast Hispanic Chamber of Commerce
(904) 346-1118
fchcc.com

Puerto Rican Chamber of Commerce
(904) 723-4007
jaxprhchamber.org

Food

Alimentación

Feeding Northeast Florida
(904) 513-1333
feedingnefl.org

Mandarin Food Bank
(904) 292-1675
mandarinfoodbank.org

UCOM Urbansery Inc.
(904) 396-2401
ucomjax.org

Central Church of the Nazarene
(904) 743-2044
nazarene.org

Daily Manna Serving Center
(904) 525-1746
dailymannaservingcenter.org

Jewish Family & Community Services
(904) 448-1933
jfcsjax.org

Peach Presbyterian Church
(904) 724-4147
ppc-jax.org

Jacksonville, Organic Church Life
(904) 434-0144
godsleader.com

Trinity Lutheran Church
(904) 389-5341
trinity4jax.org
Household of Faith Church  
(904) 764-8400  
hofchurchinc.org

Lutheran Social Services of Northeast Florida  
(904) 448-5995  
Issljax.org

Oceanway Assembly of God  
(904) 751-0552  
oceanwayag.com

Hillcrest Baptist Church  
(904) 779-9033  
hillcrestjax.com

Salvation Army  
(904) 356-8641  
salvationarmyflorida.org

St. Mathew’s Lutheran Church  
(904) 744-5333  
stmatthewsjax.org

Farmshare  
(904) 328-6158  
farmshare.org/

Downtown Ecumenical Services  
(904) 358-7955  
www.descjax.org

Soup Kitchens  
The Sulzbacher Center  
(904) 359-0926  
sulzbachercenter.org/our-programs/food-services

St. Francis Soup Kitchen  
(904) 356-2902  
stfrancissoupkitchenjax.org

Government Agencies  
Agencias Gubernamentales

City of Jacksonville  
Any City Services, Questions or Complaints  
(904) 630-CITY

Assisting persons with disabilities  
(904) 630-4940

Public Library, English Classes, Microsoft Training, Talking Books  
(904) 630-2740

Code Compliance, Assistance with Home Ownership, Blight, Landlord Training, Animal Care and Control, CPAC Meetings  
(904) 255-7200

Search for Parks, Community Centers, Summer Camps, After School Programs  
(904) 630-2489

Senior Centers and Activities  
(904) 630-3450

Rent/Utility Assistance  
(904) 630-0696

Victim of a Crime  
(904) 630-6300

State of Florida  
State Information Operator  
(866) 693-6748
Persons with Disabilities Northeast Region
• Transportation
• Private Duty Nursing
• Residential Nursing Services
• Skilled Nursing
• Behavior Analysis Service
• Behavior Focus
• Intensive Behavior
• Residential Rehabilitation

(904) 992-2440
(apd.myflorida.com/area/4/)

Florida Department of Children and Families
(866) 762-2237
myffamilies.com

Access Florida (food or cash assistance, Medicaid)
(800) 962-2873

Florida Abuse Hotline (children and vulnerable adults)
(800) 962-2873

Florida Department of Elder Affairs
• Adult Protective Services
• Disaster Preparedness
• Emergency Home Energy Assistance
• Nutrition Programs
• Senior Employment Program
• Senior Companion
• Transportation
• SHINE (Insurance, Medicare & Medicaid)

(800) 963-5337
floridashine.org

Children’s Medical Services
Services for children with special needs

Managed Care Plan
(850) 245-4200

University of Florida / Northeastern Early Steps
(904) 360-7022

First Coast Child Protection Team
(904) 633-0300

Children’s Crisis Center, Inc.
(904) 244-4670

floridahealth.gov/alternateSites/cms-kids/

Florida Department of Health in Duval County

General Information
(904) 253-1000

Clinic Information
(904) 253-1130

Birth & Death Certificates
(904) 253-1620

Environmental Health & Safety
(904) 253-1280

Epidemiology - Reportable Communicable Diseases
(904) 253-1850

Foodborne Illness Reporting
(904) 253-1850

duval.floridahealth.gov
Florida Department of Revenue
Child Support Customer Service
(850) 488-5437

Taxpayer Assistance
(not for property tax)
(850) 488-6800

Health
Salud
The Florida Department of Health in Duval County
Uninsured, Medicaid, and private insurance accepted. Social Security numbers are not required for any of our services. Translation services available.

Health Services for Women and Children
Beaches Family Health Center
(904) 253-2555
2344 Third Street South
Jacksonville Beach, FL 32250

Center for Women and Children
(904) 253-1080
515 West 6th Street
Jacksonville, FL 32206

Magnolia Women’s Health Center
(pediatrics not available)
(904) 353-2130
5300 North Pearl Street
Jacksonville, FL 32208

Wesconnett Health Services
(904) 253-1120
5150-9 Timuquana Road
Jacksonville, FL 32210

Immunization Services
The Immunization Center
(904) 253-1420
5220 North Pearl Street
Jacksonville, FL 32208

South Jacksonville Immunization Center
(904) 253-1140
3225 University Boulevard South
Jacksonville, FL 32216

WIC/Special Supplemental Nutrition Program for Women, Infants, and Children
WIC can help provide healthy foods, breastfeeding information and support, referrals to healthcare, immunizations, community services, and nutrition education to help families eat better and save money on food.

Emerald Tiger WIC and Nutrition Services
(904) 253-1520
3225 University Boulevard South
Jacksonville, FL 32216

Pearl WIC and Nutrition Services
(904) 253-1505
5322-24 North Pearl Street
Jacksonville, FL 32208

Wesconnett WIC and Nutrition Services
(904) 253-1500
5150-9 Timuquana Road
Jacksonville, FL 32210
All of the services below are available at this location:

**Center for Prevention Services/ Sexually Transmitted Disease testing and treatment**
(904) 253-1070

**Children's Dental Center**
(904) 253-1210

**Comprehensive Care Center/ HIV Care and Support**
(904) 253-2590

**Refugee Health**
(904) 253-1740

**Children's Dental Centers**

- **Children's Dental Center at North Point**
  (904) 253-1783
  3416 Moncrief Road
  Jacksonville, FL 32209

- **Children's Dental Center at South Jacksonville**
  (904) 253-1240
  1722 University Boulevard South
  Jacksonville, FL 32216

- **Children's Dental Center at Wesconnett**
  (904) 253-1680
  5150-9 Timuquana Road
  Jacksonville, FL 32210

**Primary Health Care – Adults**

- **AGAPE Community Health Center**
  (main office)
  (904) 760-4904
  120 King Street
  Jacksonville, FL 32204

- **AGAPE Magnolia Oasis**
  (904) 760-4904
  5316 North Pearl Street
  Jacksonville, FL 32208

- **AGAPE South Jax**
  (904) 760-4904
  3900-2 University Boulevard
  Jacksonville, FL 32216

- **AGAPE Blanding**
  (904) 760-4904
  5460 Blanding Boulevard
  Jacksonville, FL 32210

**Sulzbacher**
Empowering homeless and at risk women, children and men through health, housing and income services to restore hope and self-sufficiency.

**Downtown Clinic**
(904) 394-8069
611 East Adams Street
Jacksonville, FL 32202

**Beaches Clinic**
(904) 224-3550
850 6th Avenue South, Suite 500
Jacksonville Beach, FL 32250

**Specialty Health Care – Children**

- **Early Steps - Children’s Medical Services**
  (904) 360-7022
  hscj.ufl.edu/pediatrics
Nemour’s Children Clinic
(904) 697-3600
nemours.org

Wolfson Children’s Hospital
(904) 202-2000
wolfsonchildrens.com

UF Health
(904) 633-0920
ufhealthjax.org

Dental Care
Healing Hands Medical and Dental Clinic
(904) 573-1333
chojax.org

Medication Assistance Programs
Partnership for Prescription Assistance
(888) 477-2669
pparx.org

Needy Meds
(800) 503-6897
needymeds.org

Pharmacy
St. Vincent’s Outpatient Pharmacy
Riverside
(904) 308-7515
Southside
(904) 450-6330

Suicide Prevention
(800) 273-8255
suicidepreventionlifeline.org

Mental Health Guidance Center
(904) 448-4700
childguidancecenter.org

Mental Health Resource Center
(904) 642-9100
mhrcflorida.com

Jewish Family and Community Services
(904) 448-1933
jfcjax.org

Vision
Vision is Priceless
(904) 308-2020
visionispriceless.org

Pregnancy Services
Emergency Pregnancy Services
(904) 308-7510
eps.org

Women’s Support Services
Baby Luv Pregnancy Center
(Community Health Outreach)
(904) 683-6682
chojax.org/baby-luv-pregnancy-counseling/

Hubbard House
(904) 354-0076
hubbardhouse.org

Northeast Florida Healthy Start Coalition
(904) 723-5422
neflhealthystart.org

Women’s Help Center
(904) 398-4143
whcjax.com

Vision is Priceless
(904) 308-2020
visionispriceless.org
**Housing**

**Vivienda**

**Beaches Emergency Assistance Ministry**
(904) 241-2326
jaxbeam.org

**Jacksonville Housing Authority**
(904) 630-3810
jha.org

**Northeast Florida Community Action Agency**
(904) 398-7472
nfcaa.net

**U.S. Department of Housing and Urban Development**
(904) 232-1777
hud.gov

**Temporary Shelters**

**Ability Housing**
(904) 359-9650
abilityhousing.org

**City Rescue Mission**
(904) 387-4357
crmjax.org

**Clara White Mission**
(904) 354-4162
theclarawhitemission.org

**Emergency Services and Homeless Coalition**
(904) 354-1100
changinghomelessness.org

**Family Promise of Jacksonville**
(904) 354-1818
familypromisejax.org

**Jacksonville New Life Inn**
(904) 421-5161
crmjax.org

**Mission House, Inc.**
(904) 241-6767
missionhousejax.org

**Riverside Tradition House**
(904) 384-1839
thjax.org

**Sulzbacher Center**
(904) 359-0457
sulzbacherjax.org

**Trinity Rescue Mission**
(904) 355-1205
trinityrescue.org

**Youth Crisis Center**
(904) 725-6662
youthcrisiscenter.org

**Legal**

**Safety**

**Jacksonville Sheriff’s Office**
(904) 630-0500
jaxsheriff.org

**Legal Services**

**United States Immigration and Citizenship Services**
(904) 630-0500
uscis.gov
Catholic Charities (Immigration)
(800) 375-5283
cbjax.org

Florida Coastal School
(904) 680-7782
immigrationlawhelp.org

Jacksonville Area Legal Aid
(904) 356-8371
jaxlegalaid.org

State Attorney’s Office
(904) 255-2500
sao4th.com

Public Defender’s Office
(904) 255-4673
pd4th.org

Muslim American Social Services
(904) 419-8006
massclinic.org

Northeast Florida Community Action Agency
(904) 398-7472
nfcaa.net

The Partnership for Child Health
(904) 798-4166
partnershipforchildhealth.org

JASMYN, Inc. (LGBTQ Young People)
(904) 389-3857
jaslyn.org

The Players Center for Child Health
(904) 202-9355
wolfsonchildrens.com/about/child-advocacy

Social Services
Servicios Sociales

Family Support Services or North Florida
(904) 421-5800
fssinc.org

Kids Hope Alliance
(904) 630-3647
jaxkids.net

Children’s Home Society
(904) 493-7744
chsfl.org

Community Health Outreach
(904) 493-7744
chsfl.org

Health Planning Council of Northeast Florida
(866) 295-5955
hpcnef.org

Drugs and Alcohol
Alcoholic Anonymous
(904) 399-8535
neflaa.org

Community Rehabilitation Center
(904) 358-1211
communityrehabcenter.org

Celebrate Recovery - Faith Christian Center
(904) 683-8852
celebraterecoveryjacksonville.com
Catholic Charities
(904) 354-4846
ccbjax.org

Domestic Abuse Shelter
City Rescue Mission
(904) 387-4357
crmjax.org

Hubbard House
(904) 354-3114
hubbardhouse.org

Rape Crisis Hotline
(904) 721-7273

Sulzbacher Center
(904) 359-0457
sulzbacherjax.org

Trinity Rescue Mission
(904) 355-1205
trinityrescue.org

Women’s Center of Jacksonville
(904) 722-3000
womenscenterofjax.org
CALL TO SEE IF YOU QUALIFY FOR A FREE OR LOW COST MAMMOGRAM AND PAP TEST

THE FLORIDA DEPARTMENT OF HEALTH IN DUVAL COUNTY BREAST AND CERVICAL CANCER EARLY DETECTION PROGRAM

- DUVAL.FLORIDAHEALTH.GOV
- (904) 253-1610
- FLHEALTHDUVAL

Social Security numbers are not required for any of our services. Translation services available.
WIC provides healthy food, nutrition education, and breastfeeding services and support to more than 8 million moms and children. If you are pregnant, a caregiver, or a mom with children under 5, call us to learn more about the personal services available for you and your family.

Call WIC Today! 904-253-1500

Social Security numbers are not required for any of our services. Translation services available.

This institution is an equal opportunity provider.

FOR MORE INFORMATION signupwic.com/local

USDA is an equal opportunity provider, employer, and lender. © 2016 national WIC Association. “WIC” is a registered trademark of the U.S. Department of Agriculture. All rights reserved.
EAT 5 SERVINGS OF FRUITS AND VEGETABLES EVERY DAY.

TRY FROZEN AND CANNED FRUITS AND VEGETABLES.
Look for items with no added sugar or salt. Choose fruits canned in 100% fruit juice.

SHOP IN SEASON.
Buying fruits and vegetables in season generally means the food will taste better, be more affordable, and be more nutritious.

MAKE A LIST AND STICK TO IT.
Enter the store and buy only what you need. You will save time and money.

LOOK FOR SPECIALS.
Choose items that are on sale or “BOGO.” Use coupons for items that you frequently buy.

5-2-1-0 The Healthiest Way to Go! helps Duval County kids and families to lead healthy and active lives through four simple daily practices:

FOR MORE INFORMATION: WWW.HEALTHYJACKSONVILLE.NET
Have the baby share your room, not your bed. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

ALONE
Your baby should always sleep alone with nothing else in the crib.

Have the baby share your room, not your bed. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

BACK
The safest position for babies to sleep is on their backs (unless otherwise instructed by the baby’s health care provider). Dress your baby in a one piece sleeper or sleep sack. Your baby will stay warm and comfortable, no blankets needed!

CRIB
Your baby should always sleep in an empty crib with a firm mattress. Pack-n-Plays and bassinets should also have a firm mattress.

Have everyone who cares for your baby follow these safe sleep rules.

Keep Vaccine Between Your Child & Disease

IMMUNIZE ON TIME - EVERY TIME!

IMPORTANT AGES OF VACCINATIONS FOR INFANTS:

2 Months
4 Months
6 Months
12 Months
15 Months
18 Months

PUBLIC, PRIVATE, AND HOMESCHOOL STUDENTS
VACCINATIONS ARE REQUIRED TO ENTER KINDERGARTEN

VACCINATIONS FOR 12-13 YEAR OLDS REQUIRED TO ENTER 7TH GRADE: TDAP Booster

Children may be vaccinated even if they have a runny nose or minor illness.
Children who are “behind schedule” can get caught up in just a few visits.

Uninsured, Medicaid, and Private insurance Accepted • Walk-in Services Available

Duval.FloridaHealth.gov / 904-253-1420