



**NATIONAL
NURSE-LED CARE
CONSORTIUM**
a PHMC affiliate

HEALTH INFORMATION

REFUGEE & IMMIGRANT POPULATIONS

ASSEMBLED FOR:

Nationalities Services Center (NSC)

MON - FRI

9 AM - 5 PM

1216 Arch St #4th, Philadelphia, PA 19107

(215) 893-8400

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Name of Organization and Offered Services	Education	Advocacy & Rights	Child & Youth Programs	Economic Development	Employment Assistance	Victim/Witness Services	Family Reunification Assistance ²	Healthcare & Social Services	Citizenship/Asylum Assistance	Legal Assistance	Resettlement Services
Welcoming Center for New Pennsylvanians					•			•		•	
Catholic Social Services									•	•	
Congreso De Latinos Unidos	•		•	•	•			•			•
Esperanza		•				•	•		•	•	
HIAS Pennsylvania							•		•	•	•
Nationalities Service Center	•			•	•			•			•
Pennsylvania Immigration and Citizenship Coalition (PICC)		•									
CWS Lancaster					•					•	•
Philadelphia Chinatown Development Corp			•								
Cambodian Association of Greater Phila.	•	•						•			
Juntos		•									
Irish Immigration Center									•	•	
Justice at Work		•				•				•	
Kiths Integrated and Targeted Human Services (KITHS)	•				•			•			
CAP4KIDS			•					•			
Southeast Asian Mutual Assistance Associations Coalition (SEAMAAC)	•		•		•			•			•
Victim/Witness Services in South Phila.						•					
Community Legal Services of Philadelphia			•							•	
African Cultural Alliance of North America Inc (ACANA)			•	•	•			•			
Coalition of African and Caribbean Communities-Philadelphia (AFRICOM)		•		•	•			•		•	
African Family Health Organization (AFAHO)	•							•			

Name of Organization and Offered Services	Education	Advocacy & Rights	Child & Youth Programs	Economic Development	Employment Assistance	Victim/Witness Services	Family Reunification Assistance ²	Healthcare & Social Services	Citizenship/Asylum Assistance	Legal Assistance	Resettlement Services
KidsHealth: advice on children's health, behavior, and growth	●										
HealthReach: health information in many languages	●										
Coalition Against Hepatitis for People of African Origin	●							●			
Medical Legal Partnership-Community Legal Services								●	●	●	
Health Information Translations: Quality health education resources for diverse populations	●										
EthnoMed: Integrating Cultural Information to Clinical Practice	●										
ISPEAK Cards - Multiple Languages		●									
National Child Traumatic Stress Network (NCTSN) Learning Center	●	●						●			
HealTorture: Helping Torture Survivors Heal	●					●		●			
HIAS Know Your Rights During COVID-19: Documents in 7 Languages	●	●									
BRYCS: Refugee Portal	●				●			●			●
Selected Patient Information in Asian Languages (SPIRAL)	●										
NSW Multicultural Health Communication Service	●										

General services & citizenship resources

OFFICE OF IMMIGRANT AFFAIRS (OIC) RESOURCES



1401 John F. Kennedy
Blvd.
Suite 1430
Philadelphia, PA
19107



OIA@phila.gov

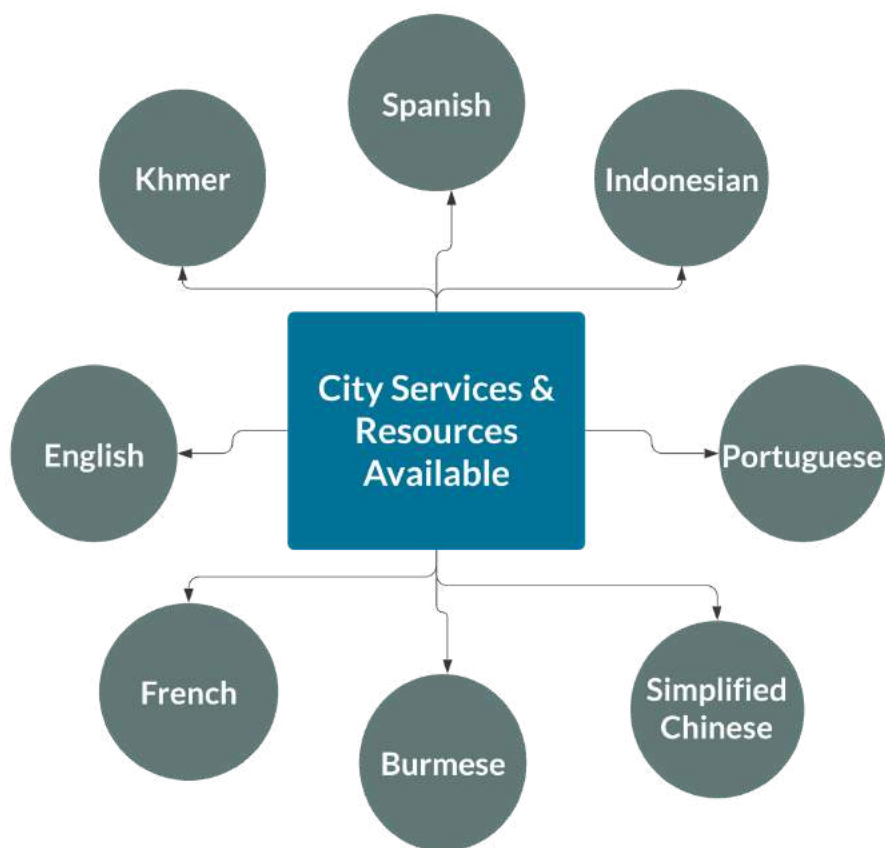
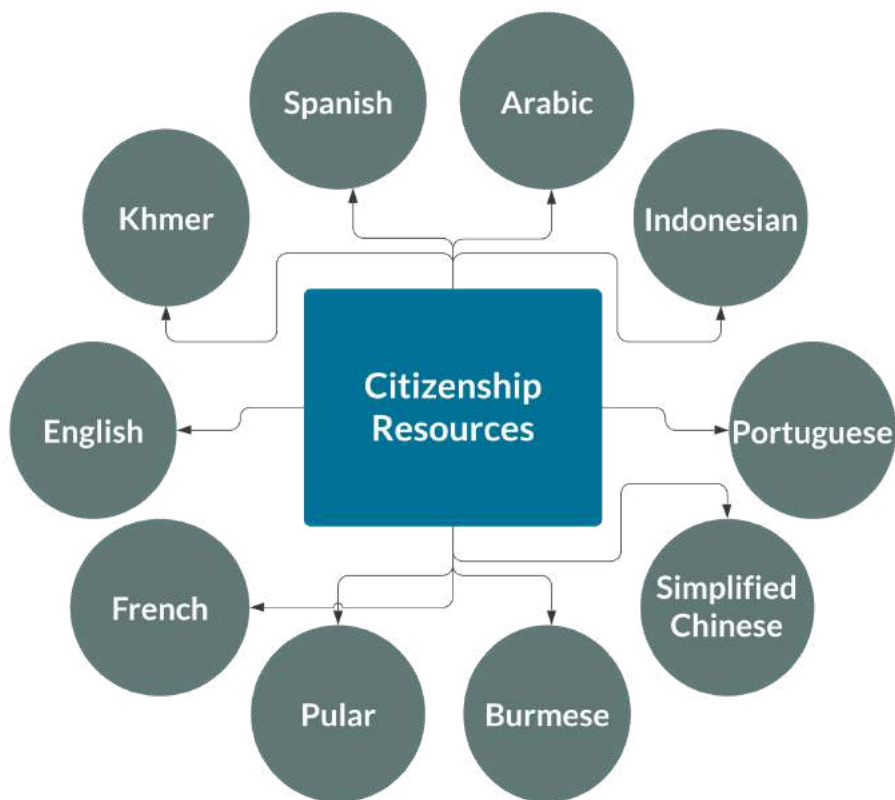


<https://www.phila.gov/departments/office-of-immigrant-affairs/>



(215) 686-0876

RESOURCES FOR PHILADELPHIA IMMIGRANTS





PHMC COMMUNITY HEALTH CENTERS

To find city health centers near you, [click here](#)

For Refugee Health Clinics, [click here](#)

Name	Address	Services	Phone	Hours
PHMC Care Clinic	1200 Callowhill Street, Suite 101 Philadelphia, PA 19123	<ul style="list-style-type: none">• Adult and pediatric primary care• Family planning services• Women's healthcare services• HIV and Hepatitis C testing, counseling, and treatment• Peer recovery services, referral navigation, health insurance assistance• Behavioral health and trauma informed consultation services• Clinical social workers• Health and nutrition counseling• Immunizations and flu shots• Management of chronic health conditions including diabetes, hypertension, asthma and others• Medical case management• Addiction medicine• Social services assistance	215.825.8220	Monday: 7:30 a.m. – 6:30 p.m. Tuesday: 8:30 a.m. – 5:00 p.m. Wednesday: 7:30 a.m. – 8:00 p.m. Thursday: 7:30 a.m. – 5:00 p.m. Friday: 7:30 a.m. – 3:00 p.m. Walk-ins welcome! Same day appointments available.
PHMC Health Connection	1900 North 9th Street Suite 104 Philadelphia, PA 19122	<ul style="list-style-type: none">• See above list for more services.	215.765.6690	Monday, Tuesday: 8:30AM – 5:00PM Wednesday, Thursday: 8:30AM – 8:00PM Friday: 8:30AM – 3:00PM Saturday: 8:30AM – 12:00PM Walk-ins welcome! Same day appointments available.
Rising Sun Health Center	One & Olney Square 5675 North Front Street Philadelphia, PA 19120	<ul style="list-style-type: none">• See above list for more services.	215.279.9666	Monday, Tuesday, Thursday: 7:30 a.m. – 6:30 p.m. Wednesday: 7:30 a.m. – 8:00 p.m. Friday: 8:30 a.m. – 3:00 p.m. Walk-ins welcome! Same day appointments available.
Mary-Howard Health Center	125 South 9th Street Philadelphia, PA 19107	<ul style="list-style-type: none">• See above list for more services.	215.592.4500	Monday, Wednesday, Thursday: 7:00 a.m. – 5:00 p.m. Tuesday: 7:00 a.m. – 7:00 p.m. Friday: 7:00 a.m. – 3:00 p.m. Walk-ins welcome! Same day appointments available.
Congreso Health Center	412 West Lehigh Avenue Philadelphia, PA 19133	<ul style="list-style-type: none">• See above list for more services.	Medical: 267.765.2272	Monday-Thursday: 8:30AM – 6:30PM Friday: 8:30AM – 3:00PM Encourage appointments, but welcome walk-ins as the health center's schedule permits.

****Most insurance plans are accepted and there is a sliding fee scale available for uninsured patients. All patients will be seen regardless of their ability to pay.**

Dental Offices in Philadelphia

Gallery Mall Dental
901 Market Street, Suite 3220
9th and Market
Philadelphia, PA 19107
215-627-4290

Allegheny Dental One
2734 E. Allegheny Ave
Philadelphia, PA 19134
215-427-2787
Arabic Interpreter Available

Pediatric Dentistry
Dr. John Delgasio
2010 S. Juniper Street
Philadelphia, PA 19148
215-334-3490

St. Chris Pediatric Mobile Dental Clinic
160 East Erie Avenue
215-427-5000
Interpretation Available

Smile Care Center
626 Snyder Avenue
215-391-4100
Nepali, Burmese and Kinyarwanda interpreters Available

Fairmount Dental
1412 Fairmount Avenue
215-235-9600
Interpretation Available

Health Center #2 Dental
1930 South Broad Street
215-685-1822
Interpretation Available

Health Center #10 Dental
2230 Cottman Avenue
Cottman and Bustleton Avenue
215-685-0600
Interpretation Available

You can also call your insurance company to find a dentist:

Aetna Better Health
Keystone First

1-866-638-1232
1-800-521-6860

Health Information in Amharic (Amariñña / አማርኛ)

PATIENT EDUCATION RESOURCES	SUBTOPICS (WITH LINKS)
Wellness	What to Do If Your Child Gets Sick with the Flu
	ISPEAK Cards
Dental Health Resources: Philadelphia	Dental Offices for Your Needs
	Children’s Dentists in Philadelphia
Viral Hepatitis B	Hepatitis B and Your Family: Information for People from Africa
	Hepatitis B Foundation
	Immunization Action Coalition
Viral Hepatitis C	Universal Testing for All Adults, CDC Recommendation
	People Born Outside of the United States & Viral Hepatitis
Tuberculosis: Information for Positive Patients	You Have TB Infection (A Type of TB)
	Home Respiratory Precautions for Patients with Potentially Infectious Tuberculosis
	How to Take Your TB Medicine
	Keep Taking Your TB Medicine
Sexual Health & Family Planning	
	Family Planning Services & testing offered at city health centers, PHMC health centers, and others. Find one that’s right for your needs.
HIV/AIDS	“HIV/AIDS Prevention & Awareness” in the Ethiopian community

Health Information in Arabic (العربية)

PATIENT EDUCATION RESOURCES	SUBTOPICS (WITH LINKS)
General Services & Citizenship Resources	Citizenship Resources
Wellness Exam	ISPEAK Cards
	Talking with Your Doctor
	Getting Medical Care
	American Cancer Society Guidelines for the Early Detection of Cancer
Nutrition	MyPlate Graphic
Wellness: Women's Health	Female Exam & Pap Smear
Maternal Health	Prenatal Care
	Tips for Good Oral Health During Pregnancy
	Epidural Pain Relief for Labor and Delivery
	Your Recovery After Vaginal Birth
	Your Recovery After Cesarean Birth
Wellness: Men's Health	Testicular Self-Exam
Infant & Child Health	Safe Sleep for Your Baby
	When to Call Your Baby's Doctor?
	Choosing a Doctor for Your Baby
	Breastfeeding Basics
	Feeding a Baby with a Difficult Latch
	Proper Handling and Storage of Expressed Breast Milk
	Safety with Car Seats and Booster Seats
Vaccination Information for Infants, Children, and Adolescents	Immunizations for Babies – A Guide for Parents
	Vaccines for Young Children
	Vaccinations for Infants & Children, Age 0-10

Health Information in Arabic (العربية)

	Years
	Vaccinations for Preteens & Teens, Age 11-19 Years
Vaccination Information for Adults	Vaccinations for Adults – You’re Never Too Old to Get Vaccinated!
	Vaccinations for Pregnant Women
Vaccine Resources in Philadelphia	Vaccines for Children Program Info
	Vaccines for Adults at Risk (VFAAR) Program
	List of Locations Offering Vaccines
	Pharmacy Map Offering Hep A & Hep B Vaccines
	Philadelphia Department of Public Health
Dental Health Resources: Philadelphia	Dental Offices for Your Needs
	Children’s Dentists in Philadelphia
Mental Health Information	Coping with Stress
	Iraqi Refugee Mental Health – Community Presentation
	Iraqi Webinars
	Coping with Mental Health Crises & Emergencies
	General Home Management Strategies for Anxiety
	Dealing with a Depression Diagnosis
	Working with your Doctor for Depression
	Preventing Relapse of Depression
	Wellness Module: Mental Health Matters
	Wellness Module: Stress & Well-Being
	Wellness Module: Social Support

Health Information in Arabic (العربية)

	Wellness Module: Anger Management
	Wellness Module: Eating & Living Well
	Wellness Module: Healthy Thinking
	Wellness Module: Finding Balance
	Wellness Module: Mindfulness
For Additional Mental Health Resources/Materials	National Child Traumatic Stress Network (NCTSN) Learning Center
	HealTorture: Helping Torture Survivors Heal
	BRYCS: Refugee Portal
	NSW Multicultural Health Communication Service
General Information: Tuberculosis	Tuberculosis: General Information (English Bilingual)
Information for Positive Patients	You Have TB Infection (A Type of TB)
	Home Respiratory Precautions for Patients with Potentially Infectious TB
	How to Take Your TB Medicine (PDFs Bilingual in English)
	Keep Taking Your TB Medicine (PDFs bilingual in English)
Viral Hepatitis	Viral Hepatitis
Viral Hepatitis B	Information for People from Africa
	Hepatitis B and Your Family: Information for People from Africa
	Hepatitis B Foundation
	Immunization Action Coalition
Viral Hepatitis C	
	Universal Testing for All Adults, CDC

Health Information in Arabic (العربية)

	Recommendation
	People Born Outside of the United States & Viral Hepatitis
Sexual Health & Family Planning	Family Planning Services & testing offered at city health centers, PHMC health centers, and others. Find one that's right for your needs.
	Vaginal Infection
STDs/STIs	STDs (Sexually Transmitted Diseases)
HIV/AIDS	How Can You Get HIV/AIDS?
	Pregnancy and HIV
	HIV/AIDS Basics: What are HIV/AIDS, How is HIV Transmitted, Who Is at Risk for HIV, Symptoms of HIV (HIV.GOV)

Health Information in Burmese (myanma bhasa)

PATIENT EDUCATION RESOURCES	SUBTOPICS (WITH LINKS)
General Services & Citizenship Resources	Citizenship Resources
	City Services & Resources Available
Child & Infant Health	Vaccine Information Statement – Your Child’s First Vaccines
Dental Health Resources: Philadelphia	Dental Offices for Your Needs
	Children’s Dentists in Philadelphia
Viral Hepatitis B	Information for Asian Americans
	Hepatitis and Your Family – When Someone in the Family Has Hepatitis B: Information for Asian Americans
	Protect Your Baby for Life: Pregnant Women
	Hepatitis B Foundation
	Immunization Action Coalition
Viral Hepatitis C	Universal Testing for All Adults, CDC Recommendation
	People Born Outside of the United States & Viral Hepatitis
Sexual Health & Family Planning	Family Planning Services & testing offered at city health centers, PHMC health centers, and others. Find one that’s right for your needs.
	ISPEAK Cards
STIs/STDs	Vaccine Information Statement - HPV

Health Information in Cantonese (繁體中文)

PATIENT EDUCATION RESOURCES	SUBTOPICS (WITH LINKS)
Wellness Exam	Talking With Your Doctor
	ISPEAK Cards
	Sigmoidoscopy
	American Cancer Society Guidelines for the Early Detection of Cancer
Wellness: Women's Health	Mammogram
	Vaginal Infection <small>Type text here</small>
Wellness: Men's Health	Testicular Self-Exam
	So You Are Thinking about a Vasectomy
Maternal Health	Prenatal Care
	Ultrasound in Pregnancy
	Pregnancy and Dental Health
	Diabetes during Pregnancy
	Breastfeeding Problems
	Pumping and Storing Breast Milk
	Your Recovery After Cesarean Birth
	Your Recovery After Vaginal Birth
Infant & Child Health	When to Call Your Baby's Doctor?
	Child Safety Checklist
Vaccinations for Children	Immunizations for Babies: A Guide for Parents
	Vaccine Information Statement (VIS) – Your Child's First Vaccines: What You Need to Know
Vaccine Resources in Philadelphia	Vaccines for Children Program Info
	Vaccines for Adults at Risk (VFAAR) Program
	List of Locations Offering Vaccines

Health Information in Cantonese (繁體中文)

	Pharmacy Map Offering Hep A & Hep B Vaccines
	Philadelphia Department of Public Health
Dental Health	Dental Team: Know Before You Go – A Patient’s Guide to the Dental Office
	Oral Health
	Tips for Good Oral Health During Pregnancy
	Oral Health for Seniors
	Dental Emergencies
	Dental Implants
	Dental Radiographs (X-Rays)
	Preventing Decay with Fluoride
	Preventive Care
	Early Childhood Caries
	Information for Moms & Moms-to-Be
	Nutrition
Dental Health Resources: Philadelphia	Dental Offices for Your Needs
	Children’s Dentists in Philadelphia
Mental Health Information	Coping with Stress
	Bipolar Disorder
	Healthy Thinking for Younger Children
	Helping Your Child Face Fears
	Obsessive-Compulsive Disorder (OCD)
	Panic Disorder
	The Road Ahead: A Guidebook for Parents & Young Teens about Alcohol & Other Drugs
	Screening Self-Test
	Seasonal Affective Disorder

Health Information in Cantonese (繁體中文)

For Additional Mental Health Resources/Materials	Talking to Your Child or Teen About Anxiety
	National Child Traumatic Stress Network (NCTSN) Learning Center
	HealTorture: Helping Torture Survivors Heal
	BRYCS: Refugee Portal
	Selected Patient Information in Asian Languages (SPIRAL)
General Information: Tuberculosis	NSW Multicultural Health Communication Service
	What is Tuberculosis? Should I Be Tested?
Information for Positive Patients	I Have Been Exposed to TB. What Do I Do Now?
	You Have TB Infection (A Type of TB)
	How to Take Your TB Medicine (PDFs bilingual in English)
	Keep Taking Your TB Medicine (PDFs bilingual in TB)
Viral Hepatitis B	Information for Asian Americans
	Protect Your Baby for Life: Pregnant Women
	Asian Liver Cancer
	Hepatitis B Foundation
	Immunization Action Coalition
Viral Hepatitis C	Universal Testing for All Adults, CDC Recommendation
	People Born Outside of the United States & Viral Hepatitis

Health Information in Cantonese (繁體中文)

Sexual Health & Family Planning	Birth Control for Men
	Condom User Guide
	Copper IUD User Guide
	Emergency Contraception Pill User Guide
	Fertility Awareness Methods
	How to Switch Birth Control Methods
	IUD Fact Sheet
	Pill User Guide
	Your Birth Control Options
	Family Planning Services & testing offered at city health centers, PHMC health centers, and others. Find one that's right for your needs.
HIV/AIDS	HIV/AIDS Basics: What are HIV/AIDS, How is HIV Transmitted, Who Is at Risk for HIV, Symptoms of HIV (HIV.GOV)

Health Information in French (français)

PATIENT EDUCATION RESOURCES	SUBTOPICS (WITH LINKS)
General Services & Citizenship Resources	Citizenship Resources
	City Services & Resources Available
Nutrition	MyPlate Graphic
Wellness Exam	ISPEAK Cards
	Talking With Your Doctor
	Getting Medical Care
	American Cancer Society Guidelines for the Early Detection of Cancer
	Sigmoidoscopy
Wellness: Women's Health	Female Exam & Pap Smear
	Mammogram
	Managing Menopause
Maternal Care	Prenatal Care
	A Healthy Pregnancy
	Ultrasound in Pregnancy
	Your Recovery After Cesarean Birth
	Epidural Pain Relief for Labor and Delivery
	Your Recovery After Vaginal Birth
Wellness: Men's Health	Testicular Self Exam
Infant & Child Health	Safe Sleep for Your Baby
	When to Call Your Baby's Doctor?
	Breastfeeding Problems
	Pumping and Storing Breast Milk
	Safety with Car Seats and Booster Seats
Vaccination Information for Infants, Children, and Adolescents	Immunizations for Babies – A Guide for Parents
	Vaccinations for Infants & Children, Age 0-10

Health Information in French (français)

	Years
	Vaccinations for Preteens & Teens, Age 11-19 Years
Vaccination Information for Adults	Vaccines for Young Children
	Vaccinations for Adults – You’re Never Too Old to Get Vaccinated!
	Vaccinations for Pregnant Women
Vaccine Resources in Philadelphia	Vaccines for Children Program Info
	Vaccines for Adults at Risk (VFAAR) Program
	List of Locations Offering Vaccines
	Pharmacy Map Offering Hep A & Hep B Vaccines
	Philadelphia Department of Public Health
Dental Health Resources: Philadelphia	Dental Offices for Your Needs
	Children’s Dentists in Philadelphia
Mental Health Information	Feeling Sad
	Coping with Stress
	Screening Self-Test
	Understanding Substance Use: A health promotion perspective
	Website: Immigrant & Refugee Mental Health Project (CAMH)
For Additional Mental Health Resources/Materials	National Child Traumatic Stress Network (NCTSN) Learning Center
	HealTorture: Helping Torture Survivors Heal
	BRYCS: Refugee Portal
	NSW Multicultural Health Communication Service

Health Information in French (français)

Tuberculosis	Tuberculosis (TB)
	You Can Have TB Infection and Feel Healthy
Tuberculosis: Information for Positive Patients	You Have TB Infection (A Type of TB)
	Home Respiratory Precautions for Patients with Potentially Infectious TB
	Keep Taking Your TB Medicine (PDFs bilingual in TB)
Viral Hepatitis	Viral Hepatitis
Viral Hepatitis B	Hepatitis B – Are You At Risk? Information for People from Africa
	Chronic Hepatitis B Treatment Information
	Hepatitis B Fast Facts
	Living with Chronic Hepatitis B
	Protect Your Baby for Life: When a Pregnant Woman Has Hepatitis B
	Vaccine Information Statement (VIS)
	Hepatitis B Vaccine: What You Need to Know
	Hepatitis B Foundation
Viral Hepatitis C	Immunization Action Coalition
	Universal Testing for All Adults, CDC Recommendation
	People Born Outside of the United States & Viral Hepatitis
Sexual Health & Family Planning	Family Planning Services & testing offered at city health centers, PHMC health centers, and others. Find one that’s right for your needs.
STIs/STDs	STDs (Sexually Transmitted Diseases)

Health Information in French (français)

	Vaccine Information Statement (VIS) – HPV Vaccine: What You Need To Know
HIV/AIDS	10 Key Points on HIV/AIDS
	Nutrition & HIV
	How Can You Get HIV/AIDS?
	HIV/AIDS Basics: What are HIV/AIDS, How is HIV Transmitted, Who Is at Risk for HIV, Symptoms of HIV (HIV.GOV)
	Pregnancy and HIV

Health Information in Haitian Creole (Kreyol ayisyen)

PATIENT EDUCATION RESOURCES	SUBTOPICS (WITH LINKS)
Wellness Exam	Talking With Your Doctor
	Stay Safe: Getting the Care you Need, at Home
	American Cancer Society Guidelines for the Early Detection of Cancer
	What is Cancer? A Guide for Patients and Families
Nutrition	MyPlate Graphic
Information for Positive Patients	You Can Have TB Infection and Feel Healthy
	You Have TB Infection (A Type of TB)
	How to Take Your TB Medicine (PDFs bilingual in English)
	Keep Taking Your TB Medicine (PDFs bilingual in TB)
Viral Hepatitis B	Vaccine Information Statement (VIS) – Hepatitis B Vaccine: What You Need to Know
	Asian Liver Cancer
	Hepatitis B Foundation
	Immunization Action Coalition
Viral Hepatitis C	Universal Testing for All Adults, CDC Recommendation
	People Born Outside of the United States & Viral Hepatitis
Sexual Health & Family Planning	Family Planning Services & testing offered at city health centers, PHMC health centers, and others. Find one that’s right for your needs.

Health Information in Haitian Creole (Kreyol ayisyen)

	ISPEAK Cards
STIs/STDs	Bacterial Vaginosis Fact Sheet
	Chlamydia
	Genital Herpes
	Gonorrhea
	HPV Infection
	Pelvic Inflammatory Disease
	Syphilis
	Trichomoniasis
HIV/AIDS	HIV/AIDS Basics: What are HIV/AIDS, How is HIV Transmitted, Who Is at Risk for HIV, Symptoms of HIV (HIV.GOV)

Health Information in Hindi (हिन्दी)

PATIENT EDUCATION RESOURCES	SUBTOPICS (WITH LINKS)
Wellness Exam	Getting Medical Care
	Be Our Partner for Safe Health Care
	Talking with Your Doctor
	Sigmoidoscopy
	American Cancer Society Guidelines for the Early Detection of Cancer
	ISPEAK Cards
Nutrition	MyPlate Graphic
Wellness: Women's Health	Female Exam & Pap Smear
	Vaginal Infection
	Mammogram
	Managing Menopause
Maternal Care	Prenatal Care
	A Healthy Pregnancy
	Ultrasound in Pregnancy
	Breastfeeding Problems
	Pumping and Storing Breast Milk
	Your Recovery After Cesarean Birth
	Your Recovery After Vaginal Birth
Wellness: Men's Health	Testicular Self-Exam
	So You Are Thinking about a Vasectomy
	Spermicide User Guide
	Birth Control for Men
Infant & Child Health	Safe Sleep for Your Baby
	Safety with Car Seats and Booster Seats
	Smoking and Your Baby

Health Information in Hindi (हिन्दी)

	When Should I Call My Baby's Doctor?
Vaccination Information for Infants, Children, and Adolescents	Vaccines for Young Children
Vaccine Resources in Philadelphia	Vaccines for Children Program Info
	Vaccines for Adults at Risk (VFAAR) Program
	List of Locations Offering Vaccines
	Pharmacy Map Offering Hep A & Hep B Vaccines
	Philadelphia Department of Public Health
Dental Health Educational Material	Gingivitis
	Toothache
Dental Health Resources: Philadelphia	Dental Offices for Your Needs
	Children's Dentists in Philadelphia
Mental Health Information	Coping with Stress
	Feeling Sad
For Additional Mental Health Resources/Materials	National Child Traumatic Stress Network (NCTSN) Learning Center
	HealTorture: Helping Torture Survivors Heal
	BRYCS: Refugee Portal
	NSW Multicultural Health Communication Service
General Information: Tuberculosis	Tuberculosis (TB)
	You Can Have TB and Feel Healthy
Information for Positive Patients	You Have TB Infection (A Type of TB)
	How to Take Your TB Medicine (PDFs bilingual in English)
	Keep Taking Your TB Medicine (PDFs bilingual in TB)

Health Information in Hindi (हिन्दी)

Viral Hepatitis	Viral Hepatitis
Viral Hepatitis B	Chronic Hepatitis B Treatment Information
	Hepatitis B Fast Facts
	Living with Chronic Hepatitis B
	Vaccine Information Statement (VIS) – Hepatitis B Vaccine: What You Need to Know
	Hepatitis B Foundation
	Immunization Action Coalition
Viral Hepatitis C	Universal Testing for All Adults, CDC Recommendation
	People Born Outside of the United States & Viral Hepatitis
Sexual Health & Family Planning	Non-Contraceptive Indications for Hormonal Contraceptive Products
	Vaccine Information Statement (VIS) – HPV: What You Need to Know
	Condom User Guide
	Copper IUD User Guide
	Emergency Contraception Pill User Guide
	Fertility Awareness Methods
	IUD Fact Sheet
	Ring User Guide
	Your Birth Control Choices
	Birth Control for Men
	Family Planning Services & testing offered at city health centers, PHMC health centers, and others. Find one that's right for your needs.

Health Information in Hindi (हिन्दी)

STIs/STDs	STDs (Sexually Transmitted Diseases)
HIV/AIDS	Pregnancy and HIV

Health Information in Khmer (ភាសាខ្មែរ)

PATIENT EDUCATION RESOURCES	SUBTOPICS (WITH LINKS)
General Services & Citizenship Resources	Citizenship Resources
	City Services & Resources Available
Vaccine Resources in Philadelphia	Vaccines for Children Program Info
	Vaccines for Adults at Risk (VFAAR) Program
	List of Locations Offering Vaccines
	Pharmacy Map Offering Hep A & Hep B Vaccines
	Philadelphia Department of Public Health
Dental Health Resources: Philadelphia	Dental Offices for Your Needs
	Children's Dentists in Philadelphia
For Additional Mental Health Resources/Materials	National Child Traumatic Stress Network (NCTSN) Learning Center
	HealTorture: Helping Torture Survivors Heal
	BRYCS: Refugee Portal
	NSW Multicultural Health Communication Service
Tuberculosis: Information for Positive Patients	You Have TB Infection (A Type of TB)
	How to Take Your TB Medicine (PDFs bilingual in English)
	Keep Taking Your TB Medicine (PDFs bilingual in English)
Viral Hepatitis B	Hepatitis B and Your Family – When Someone in the Family Has Hepatitis B: Information for Asian Americans
	Hepatitis B: Are You at Risk? Information for Asian Americans

Health Information in Khmer (ភាសាខ្មែរ)

	Vaccine Information Statement (VIS) – Hepatitis B Vaccine: What You Need to Know
	Protect Your Baby for Life: Pregnant Women
	Hepatitis B Foundation
	Immunization Action Coalition
Viral Hepatitis C	Universal Testing for All Adults, CDC Recommendation
	People Born Outside of the United States & Viral Hepatitis
Sexual Health & Family Planning	Family Planning Services & testing offered at city health centers, PHMC health centers, and others. Find one that’s right for your needs.
	ISPEAK Cards
STIs/STDs	Vaccine Information Statement (VIS) – HPV Vaccine: What You Need to Know
HIV/AIDS	HIV/AIDS Basics: What are HIV/AIDS, How is HIV Transmitted, Who Is at Risk for HIV, Symptoms of HIV (HIV.GOV)

Health Information in Mandarin dialect (简体中文)

PATIENT EDUCATION RESOURCES	SUBTOPICS (WITH LINKS)
General Services & Citizenship Resources	Citizenship Resources
	City Services & Resources Available
Wellness Exam	Getting Medical Care
	Sigmoidoscopy
	Personal Health Record
	ISPEAK Cards
Nutrition	MyPlate Graphic
Wellness: Women's Health	Female Exam & Pap Smear
	Vaginal Infection
	Mammogram
	Managing Menopause
Maternal Care	Prenatal Care
	Emotional Changes After Giving Birth
	Ultrasound in Pregnancy
	Breastfeeding Problems
	Proper Handling and Storage of Expressed Breast Milk
	Your Recovery After Cesarean Birth
	Your Recovery After Vaginal Birth
Wellness: Men's Health	Testicular Self-Exam
	So You Are Thinking about a Vasectomy
	Spermicide User Guide
Infant & Child Health	Safe Sleep for Your Baby
	Parent Survival Guide and Newborn Book
	When Should I Call My Baby's Doctor?
	Vaccines for Young Children

Health Information in Mandarin dialect (简体中文)

Vaccination Information for Infants, Children, and Adolescents	
	When do Children & Teens Need Vaccinations?
	Vaccinations for Infants & Children, Age 0-10 Years
	Vaccinations for Preteens & Teens, Age 11-19 Years
Vaccination Information for Adults	Vaccinations for Adults – You’re Never Too Old to Get Vaccinated!
	Vaccinations for Pregnant Women
Vaccine Resources in Philadelphia	Vaccines for Children Program Info
	Vaccines for Adults at Risk (VFAAR) Program
	List of Locations Offering Vaccines
	Pharmacy Map Offering Hep A & Hep B Vaccines
	Philadelphia Department of Public Health
Dental Health Resources: Philadelphia	Dental Offices for Your Needs
	Children’s Dentists in Philadelphia
Mental Health Information	Coping with Stress
	Feeling Sad
	Bipolar Disorder
	Healthy Thinking for Younger Children
	Helping Your Child Face Fears
	Obsessive-Compulsive Disorder (OCD)
	Panic Disorder
	The Road Ahead: A Guidebook for Parents & Young Teens about Alcohol & Other Drugs
	Seasonal Affective Disorder

Health Information in Mandarin dialect (简体中文)

	Stress
	Talking to Your Child or Teen About Anxiety
For Additional Mental Health Resources/Materials	National Child Traumatic Stress Network (NCTSN) Learning Center
	HealTorture: Helping Torture Survivors Heal
	BRYCS: Refugee Portal
	Selected Patient Information in Asian Languages (SPIRAL)
	NSW Multicultural Health Communication Service
General Information: Tuberculosis	Tuberculosis: General Information (PDFs bilingual in English)
Information for Positive Patients	You Have TB Infection (A Type of TB)
	How to Take Your TB Medicine (PDFs bilingual in English)
	Keep Taking Your TB Medicine (PDFs bilingual in TB)
Viral Hepatitis	Viral Hepatitis
Viral Hepatitis B	Information for Asian Americans
	Hepatitis B Fast Facts
	Hepatitis B and Your Family – When Someone in the Family Has Hepatitis B: Information for Asian Americans
	Living with Chronic Hepatitis B
	Vaccine Information Statement (VIS) – Hepatitis B Vaccine: What You Need to Know

Health Information in Mandarin dialect (简体中文)

	Chronic Hepatitis B Treatment Information
	Hepatitis B Foundation
	Immunization Action Coalition
Viral Hepatitis C	<p>Universal Testing for All Adults, CDC Recommendation</p> <p>People Born Outside of the United States & Viral Hepatitis</p>
Sexual Health & Family Planning	<p>Non-Contraceptive Indications for Hormonal Contraceptive Products</p> <p>Vaccine Information Statement (VIS) – HPV: What You Need to Know</p> <p>Condom User Guide</p> <p>Copper IUD User Guide</p> <p>Emergency Contraception Pill User Guide</p> <p>Fertility Awareness Methods</p> <p>IUD Fact Sheet</p> <p>Ring User Guide</p> <p>Your Birth Control Choices</p> <p>Family Planning Services & testing offered at city health centers, PHMC health centers, and others. Find one that’s right for your needs.</p>
STIs/STDs	STDs (Sexually Transmitted Diseases)
HIV/AIDS	Pregnancy and HIV

Health Information in Russian (Русский)

PATIENT EDUCATION RESOURCES	SUBTOPICS (WITH LINKS)
Wellness Exam	Getting Medical Care
	Be Our Partner for Safe Health Care
	Talking with Your Doctor
	Sigmoidoscopy
	American Cancer Society Guidelines for the Early Detection of Cancer
	ISPEAK Cards
Nutrition	MyPlate Graphic
Wellness: Women's Health	Female Exam & Pap Smear
	Vaginal Infection
	Mammogram
	Managing Menopause
Maternal Care	Prenatal Care
	Pregnancy and Dental Health
	Vaccinations for Pregnant Women
	A Healthy Pregnancy
	Ultrasound in Pregnancy
	Breastfeeding Problems
	Pumping and Storing Breast Milk
	Your Recovery After Cesarean Birth
	Your Recovery After Vaginal Birth
Wellness: Men's Health	Testicular Self-Exam
Infant & Child Health	Safe Sleep for Your Baby
	Child Safety Checklist
	Safety with Car Seats and Booster Seats
	Smoking and Your Baby
	When Should I Call My Baby's Doctor?

Health Information in Russian (Русский)

Vaccination Information for Infants, Children, and Adolescents	Vaccine Information Statement (VIS) – Your Child’s First Vaccine
	Vaccinations for Infants and Children, 0-10 Years
	Vaccinations for Infants and Children, 11-19 Years
Vaccinations for Adults	You’re Never Too Old to Get Vaccinated
Vaccine Resources in Philadelphia	Vaccines for Children Program Info
	Vaccines for Adults at Risk (VFAAR) Program
	List of Locations Offering Vaccines
	Pharmacy Map Offering Hep A & Hep B Vaccines
	Philadelphia Department of Public Health
Dental Health Educational Material	Bad Breath
	Nutrition
	Oral Cancer
	Dental Radiographs (X-Rays)
	Early Childhood Caries
	Dental Emergencies
	Preventing Decay with Fluoride
Dental Health Resources: Philadelphia	Dental Offices for Your Needs
	Children’s Dentists in Philadelphia
Mental Health Information	Coping with Stress
	Feeling Sad
For Additional Mental Health Resources/Materials	National Child Traumatic Stress Network (NCTSN) Learning Center
	HealTorture: Helping Torture Survivors Heal
	BRYCS: Refugee Portal

Health Information in Russian (Русский)

	NSW Multicultural Health Communication Service
General Information: Tuberculosis	Tuberculosis (TB)
	You Can Have TB and Feel Healthy
	What is Tuberculosis? Should I Be Tested?
	I Have Been Exposed to Tuberculosis (TB). What Do I Do Now?
	Home Respiratory Precautions for Patients with Potentially Infectious Tuberculosis
Information for Positive Patients	You Have TB Infection (A Type of TB)
	How to Take Your TB Medicine (PDFs bilingual in English)
	Keep Taking Your TB Medicine (PDFs bilingual in TB)
Viral Hepatitis	Viral Hepatitis
Viral Hepatitis B	Vaccine Information Statement (VIS) – Hepatitis B Vaccine: What You Need to Know
	Protect Your Baby for Life: When a Pregnant Women Has Hepatitis B
	Hepatitis B Foundation
	Immunization Action Coalition
Viral Hepatitis C	Universal Testing for All Adults, CDC Recommendation
	People Born Outside of the United States & Viral Hepatitis
Sexual Health & Family Planning	Vaccine Information Statement (VIS) – HPV: What You Need to Know
	Patch User Guide

Health Information in Russian (Русский)

	Pill User Guide
	Ring User Guide
	Family Planning Services & testing offered at city health centers, PHMC health centers, and others. Find one that's right for your needs.
STIs/STDs	STDs (Sexually Transmitted Diseases)
HIV/AIDS	Pregnancy and HIV

Health Information in Somali (Af-Soomaali)

PATIENT EDUCATION RESOURCES	SUBTOPICS (WITH LINKS)
Wellness Exam	Getting Medical Care
	Be Our Partner for Safe Health Care
	Communication Tool
	Sigmoidoscopy
	ISPEAK Cards
Wellness: Women's Health	Female Exam & Pap Smear
	Vaginal Infection
	Mammogram
	Managing Menopause
Maternal Care	Prenatal Care
	A Healthy Pregnancy
	Ultrasound in Pregnancy
	Breastfeeding Problems
	Pumping and Storing Breast Milk
	Your Recovery After Cesarean Birth
	Your Recovery After Vaginal Birth
Wellness: Men's Health	Testicular Self-Exam
Infant & Child Health	Safe Sleep for Your Baby
	Child Safety Checklist
	Safety with Car Seats and Booster Seats
	Smoking and Your Baby
	When Should I Call My Baby's Doctor?
Vaccination Information for Infants, Children, and Adolescents	Vaccine Information Statement (VIS) – Your Child's First Vaccine
	Vaccination Material in Somali (link)
	Vaccines for Children Program Info
	Vaccines for Adults at Risk (VFAAR) Program

Health Information in Somali (Af-Soomaali)

	List of Locations Offering Vaccines
	Pharmacy Map Offering Hep A & Hep B Vaccines
	Philadelphia Department of Public Health
Dental Health Resources: Philadelphia	Dental Offices for Your Needs
	Children’s Dentists in Philadelphia
Mental Health Information	Coping with Stress
	Feeling Sad
	What is Mental Illness?
For Additional Mental Health Resources/Materials	National Child Traumatic Stress Network (NCTSN) Learning Center
	HealTorture: Helping Torture Survivors Heal
	BRYCS: Refugee Portal
	NSW Multicultural Health Communication Service
General Information: Tuberculosis	Tuberculosis (TB)
	You Can Have TB Infection and Feel Healthy
	Home Respiratory Precautions for Patients with Potentially Infectious Tuberculosis
Information for Positive Patients	You Have TB Infection (A Type of TB)
	How to Take Your TB Medicine (PDFs bilingual in English)
	Keep Taking Your TB Medicine (PDFs bilingual in TB)
Viral Hepatitis	Viral Hepatitis
Viral Hepatitis B	Hepatitis B – Are You At Risk? Information for People from Africa

Health Information in Somali (Af-Soomaali)

	Hepatitis B and Your Family: Information for People from Africa
	Vaccine Information Statement (VIS) – Hepatitis B Vaccine: What You Need to Know
	Hepatitis B Foundation
	Immunization Action Coalition
Viral Hepatitis C	Universal Testing for All Adults, CDC Recommendation
	People Born Outside of the United States & Viral Hepatitis
Sexual Health & Family Planning	Vaccine Information Statement (VIS) – HPV: What You Need to Know
	Family Planning Services & testing offered at city health centers, PHMC health centers, and others. Find one that’s right for your needs.
STIs/STDs	STDs (Sexually Transmitted Diseases)
HIV/AIDS	Pregnancy and HIV

Health Information in Spanish (español)

PATIENT EDUCATION RESOURCES	SUBTOPICS (WITH LINKS)
General Services & Citizenship Resources	Citizenship Resources
	City Services & Resources Available
Wellness Exam	Physical Exam Frequency
	Talking with Your Doctor
	Getting Medical Care
	iSPEAK Cards
Wellness: Women's Health	Health Screening: Women (18-39 years)
	Health Screening: Women (40-64 years)
	Health Screening: Women (over 65 years)
	Cervical cancer – screening & prevention
	PAP & HPV Testing
	Mammograms
	Pelvic Exam
Maternal Wellness	Prenatal Care
	Ultrasound in Pregnancy
	Pregnancy and Dental Health
	Diabetes during Pregnancy
	High Blood Pressure in Pregnancy
	Breastfeeding Problems
	Proper Handling and Storage of Expressed Breast Milk
Wellness: Men's Health	Health Screening: Men (18-39 years)
	Health Screening: Men (40-64 years)
	Health Screening: Men (over 65 years)
	Testicular Self-Exam
	So You Are Thinking about a Vasectomy
Wellness: Children & Adolescents	Well-Child Visits

Health Information in Spanish (español)

	Well-Child Care: A Check-Up for Success
	What Can Parents Expect During Their Infant's Well-Child Visits?
	Immunizations and Developmental Milestones
	for Your Child from Birth Through 6 Year Old
	Newborn Screening Tests
	Medical Care & Your 13-to-18 Year Old
Infant & Newborn Nutrition	Breastfeeding vs. Formula Feeding
	Feeding Your 1- to 3- Month Old
	Feeding Your 4- to 7- Month Old
	Feeding Your 8- to 12- Month
	Feeding Your Newborn
	Once Baby Arrives
	Growth Charts (For Parents)
	Developmental Screening
	Infant – Newborn Development
	Normal Growth & Development
	Neonatal Weight Gain & Nutrition
	Formula Feeding FAQs: Starting Solids & Milk
	Cow's Milk & Infants
	Feeding Patterns & Diet – Babies & Infants
	Infant Botulism
	Teething
	Safe Sleep for Your Baby
	Infant & Newborn Care (links)
	When to Call Your Baby's Doctor?

Health Information in Spanish (español)

Children's Health	Well-Child Visits
	Vaccinations for Infants & Children, Age 0-10 Years
	Vaccinations for Preteens & Teens, Age 11-19 Years
Vaccination Information for Infants, Children, and Adolescents	Immunizations for Babies – A Guide for Parents
	Top 10 Reasons to Protect Your Child By Vaccinating
	Hepatitis B is a Serious Disease – Make Sure Your Child is Protected!
	Hepatitis B shots are Recommended for All New Babies
	HPV is a Serious Disease – Make Sure Your Child is Protected!
	HPV Vaccine – A Guide for Adults Ages 18-26 Years
	Human Papillomavirus (HPV): A Parent's Guide for Preteen and Teen HPV Vaccination
	Influenza is a Serious Disease – Make Sure Your Child is Protected!
	Measles, Mumps, and Rubella are a Serious Diseases – Make Sure Your Child is Protected!
	Meningococcal Disease is a Serious – Make Sure Your Child is Protected!
	Pneumococcal Disease is a Serious – Make Sure Your Child is Protected!

Health Information in Spanish (español)

	Polio is a Serious Disease – Make Sure Your Child is Protected!
	Protect Yourself from Shingles – Get Vaccinated!
	Protect Yourself from Whooping Cough – Get Vaccinated!
	Questions Parents Ask About Vaccinations for Babies
	When do Children & Teens Need Vaccinations?
	Vaccinations for Infants & Children, Age 0-10 Years
	Vaccinations for Preteens & Teens, Age 11-19 Years
Vaccination Information for Adults	Vaccinations for Adults – You’re Never Too Old to Get Vaccinated!
	Vaccinations for Pregnant Women
Vaccine Resources in Philadelphia	Vaccines for Children Program Info
	Vaccines for Adults at Risk (VFAAR) Program
	List of Locations Offering Vaccines
	Pharmacy Map Offering Hep A & Hep B Vaccines
	Philadelphia Department of Public Health
General Dental Health	Dental Team: Know Before You Go – A Patient’s Guide to the Dental Office
	Oral Health
	Oral Health for Seniors
	Dental Emergencies

Health Information in Spanish (español)

	Dental Implants
	Dental Radiographs (X-Rays)
	Preventing Decay with Fluoride
	Preventive Care
Children's Dental Health	Early Childhood Caries
	Information for Moms & Moms-to-Be
	Nutrition
	Teething
	Dental Exam for Children
	Let the Brushing Games Begin
	Toothache: First Aid
Dental Health Resources: Philadelphia	Dental Offices for Your Needs
	Children's Dentists in Philadelphia
Mental Health Information	5 Things You Should Know About Stress
	Children and Mental Health
	Chronic Illness and Mental Health
	Depression Basics
	Perinatal Depression
	Depression in Women: 5 Things You Should Know
	Men & Depression
	Eating Disorders: About More Than Food
	Generalized Anxiety Disorder: When Worry Gets Out of Control
	Helping Children & Adolescents Cope with Disasters and Other Traumatic Events
	Looking at My Genes: What Can They Tell Me About My Mental Health?

Health Information in Spanish (español)

	Panic Disorder: When Fear Overwhelms
	Post-Traumatic Stress Disorder (PTSD)
	Warning Signs of Suicide
For Additional Mental Health Resources/Materials	National Child Traumatic Stress Network (NCTSN) Learning Center
	HealTorture: Helping Torture Survivors Heal
	BRYCS: Refugee Portal
	NSW Multicultural Health Communication Service
General Information: Tuberculosis	What is Tuberculosis? Should I Be Tested?
	I Have Been Exposed to TB. What Do I Do Now?
	PPD Skin Test
Information for Positive Patients	Home Respiratory Precautions for Patients with Potentially Infectious TB
CDC Patient Education Series: Tuberculosis	Protect Your Family & Friends from TB
	Staying on Track with TB Medicine
	What You Need to Know About the Tuberculosis Skin Test
Viral Hepatitis B	General Information
	Hepatitis & Sexual Health
	Protect Your Baby for Life: Pregnant Women
	Vaccinate your Baby Against Hepatitis B
	Hepatitis B Foundation
	Immunization Action Coalition
Viral Hepatitis C	General Information
	Hep C – What to Expect When Getting Tested?

Health Information in Spanish (español)

	Universal Testing for All Adults, CDC Recommendation
	People Born Outside of the United States & Viral Hepatitis
Sexual Health & Family Planning	Birth Control for Men
	Condom User Guide
	Copper IUD User Guide
	Emergency Contraception Pill User Guide
	Fertility Awareness Methods
	How to Switch Birth Control Methods
	IUD Fact Sheet
	Permanent Birth Control (Sterilization)
	Progestin Implant Fact Sheet
	Your Birth Control Choices
	Family Planning Services & testing offered at city health centers, PHMC health centers, and others. Find one that's right for your needs.
HIV/AIDS	How Can You Get HIV/AIDS?
	HIV/AIDS Basics: What are HIV/AIDS, How is HIV Transmitted, Who Is at Risk for HIV, Symptoms of HIV (HIV.GOV)
	HIV 101
	Safer Sex 101
	HIV Testing
	Living with HIV
STIs/STDs	Bacterial Vaginosis Fact Sheet
	Chlamydia

Health Information in Spanish (español)

	Genital Herpes
	Gonorrhea
	HPV Infection
	Pelvic Inflammatory Disease
	Syphilis
	Trichomoniasis
	STDs During Pregnancy

Health Information in Tagalog (Wikang Tagalog)

PATIENT EDUCATION RESOURCES	SUBTOPICS (WITH LINKS)
Wellness Exam	ISPEAK Cards
Nutrition	MyPlate Graphic
Wellness: Women's Health	Mammogram
Wellness: Men's Health	Testicular Self-Exam
Vaccination Information for Infants, Children, and Adolescents	Vaccine Information Statement (VIS) – Your Child's First Vaccine
Vaccine Resources in Philadelphia	Vaccines for Children Program Info
	Vaccines for Adults at Risk (VFAAR) Program
	List of Locations Offering Vaccines
	Pharmacy Map Offering Hep A & Hep B Vaccines
	Philadelphia Department of Public Health
Dental Health Resources: Philadelphia	Dental Offices for Your Needs
	Children's Dentists in Philadelphia
Mental Health Information	Coping with Stress
	Feeling Sad
For Additional Mental Health Resources/Materials	National Child Traumatic Stress Network (NCTSN) Learning Center
	HealTorture: Helping Torture Survivors Heal
	BRYCS: Refugee Portal
	NSW Multicultural Health Communication Service
General Information: Tuberculosis	What is Tuberculosis? Should I Be Tested?
	I Have Been Exposed to Tuberculosis (TB). What Do I Do Now?

Health Information in Tagalog (Wikang Tagalog)

Viral Hepatitis B	Protect Your Baby for Life: When a Pregnant Woman Has Hepatitis B
	Vaccine Information Statement (VIS) – Hepatitis B Vaccine: What You Need to Know
	Hepatitis B Foundation
	Immunization Action Coalition
Viral Hepatitis C	Universal Testing for All Adults, CDC Recommendation
	People Born Outside of the United States & Viral Hepatitis
Sexual Health & Family Planning	Vaccine Information Statement (VIS) – HPV: What You Need to Know
	Patch User Guide
	Pill User Guide
	Ring User Guide
	The Shot (Depo Provera) User Guide
	Family Planning Services & testing offered at city health centers, PHMC health centers, and others. Find one that's right for your needs.
STIs/STDs	STDs (Sexually Transmitted Diseases)

Health Information in Vietnamese (Tiếng Việt)

PATIENT EDUCATION RESOURCES	SUBTOPICS (WITH LINKS)
Wellness Exam	Getting Medical Care
	Be Our Partner for Safe Health Care
	ISPEAK Cards
Wellness: Women's Health	Female Exam & Pap Smear
	Vaginal Infection
	Mammogram
	Managing Menopause
Maternal Care	Prenatal Care
	Vaccinations for Pregnant Women
	A Healthy Pregnancy
	Ultrasound in Pregnancy
	Breastfeeding Problems
	Pumping and Storing Breast Milk
	Your Recovery After Cesarean Birth
	Your Recovery After Vaginal Birth
Wellness: Men's Health	Testicular Self-Exam
	So You Are Thinking about a Vasectomy
Infant & Child Health	Safe Sleep for Your Baby
	Child Safety Checklist
	Safety with Car Seats and Booster Seats
	Smoking and Your Baby
	When Should I Call My Baby's Doctor?
Vaccination Information for Infants, Children, and Adolescents	Vaccine Information Statement (VIS) – Your Child's First Vaccine
	Immunizations for Babies: A Guide for Parents

Health Information in Vietnamese (Tiếng Việt)

	Vaccinations for Infants and Children, 0-10 Years
	Vaccinations for Infants and Children, 11-19 Years
Vaccinations for Adults	You're Never Too Old to Get Vaccinated
Vaccine Resources in Philadelphia	Vaccines for Children Program Info
	Vaccines for Adults at Risk (VFAAR) Program
	List of Locations Offering Vaccines
	Pharmacy Map Offering Hep A & Hep B Vaccines
	Philadelphia Department of Public Health
Dental Health Educational Material	Bad Breath
	Nutrition
	Gum Disease: A Guide to Periodontal Disease
	Oral Cancer
	Dental Radiographs (X-Rays)
	Early Childhood Caries
	Dental Emergencies
	Preventing Decay with Fluoride
Dental Health Resources: Philadelphia	Dental Offices for Your Needs
	Children's Dentists in Philadelphia
Mental Health Information	Coping with Stress
	Feeling Sad
	Selected Patient Information in Asian Languages (SPIRAL)
For Additional Mental Health Resources/Materials	National Child Traumatic Stress Network (NCTSN) Learning Center
	HealTorture: Helping Torture Survivors Heal

Health Information in Vietnamese (Tiếng Việt)

	BRYCS: Refugee Portal
	NSW Multicultural Health Communication Service
General Information: Tuberculosis	Tuberculosis (TB)
	What is Tuberculosis? Should I Be Tested?
	You Can Have TB Infection and Feel Healthy
	Home Respiratory Precautions for Patients with Potentially Infectious Tuberculosis
Information for Positive Patients	You Have TB Infection (A Type of TB)
	How to Take Your TB Medicine (PDFs bilingual in English)
	Keep Taking Your TB Medicine (PDFs bilingual in TB)
Viral Hepatitis	Viral Hepatitis
Viral Hepatitis B	Hepatitis B – Are You At Risk? Information for Asian Americans
	Hepatitis B Fast Facts
	Chronic Hepatitis B Treatment Information
	Hepatitis B and Your Family – When Someone in the Family Has Hepatitis B: Information for Asian Americans
	Vaccine Information Statement (VIS) – Hepatitis B Vaccine: What You Need to Know
	Hepatitis B Foundation
	Immunization Action Coalition
Viral Hepatitis C	Universal Testing for All Adults, CDC Recommendation

Health Information in Vietnamese (Tiếng Việt)

	People Born Outside of the United States & Viral Hepatitis
Sexual Health & Family Planning	Vaccine Information Statement (VIS) – HPV: What You Need to Know
	Birth Control for Men
	Permanent Birth Control (Sterilization)
	Condom User Guide
	Copper IUD User Guide
	Emergency Contraception Pill User Guide
	Fertility Awareness Methods
	How to Switch Birth Control Methods
	IUD Fact Sheet
	Your Birth Control Choices
	Family Planning Services & testing offered at city health centers, PHMC health centers, and others. Find one that’s right for your needs.
HIV/AIDS	Pregnancy and HIV

Save Money & Eat Healthier!



Greater Philadelphia Coalition Against Hunger

215-430-0556

www.hungercoalition.org



Call our Hotline 215-430-0556 for free, confidential service to:

- Check your eligibility for SNAP (food stamps) and apply by phone
- Get help with problems with your benefits
- Find pantries and other food programs in your area



FOR FAMILIES WITH CHILDREN

WIC (Women, Infants and Children) Program: Helps pregnant women and mothers with children under age 5 with food, health screenings and nutritional information. 1-800-743-3300, www.northwic.org

Maternity Care Coalition: Provides baby formula and other services. 215-972-0700, <http://momobile.org>

Free Summer Meals for Kids (June-August): Free meals & snacks for kids 18 & under. No registration required. To find a site, call 1-855-252-MEAL (6325), text "FOOD" to 877877, or visit www.phillysummermeals.org



FOR SENIORS or PEOPLE AT NUTRITIONAL RISK DUE TO ILLNESS

Philadelphia Corporation for the Aging: Provides meals at senior centers and delivers meals to eligible seniors. Gives out farmers' market vouchers at various locations. 215-765-9040, www.pcacares.org

Aid For Friends: Delivers free meals to isolated homebound individuals. 215-464-2224, www.aidforfriends.org

MANNA: Delivers meals to people at nutritional risk due to illness. Dietitians provide free nutritional counseling. A referral is required from a medical care provider. 215-496-2662 x5, www.mannapa.org



FREE OR DISCOUNTED FOOD OR PRODUCE

SHARE Food Program: Get \$50 in groceries for \$20-30 plus 2 hours of community service. Accepts SNAP (food stamps) and farmers' market vouchers. 215-223-2220, www.sharefoodprogram.org

Jewish Relief Agency (JRA): Delivers a free box of kosher food once a month, regardless of religious affiliation. Recipients must live within JRA's service area in Philadelphia and surrounding counties. 610-660-0190, www.jewishrelief.org

Fresh for All: Philabundance (www.philabundance.org) offers free produce year-round, weather permitting. No ID or registration is required, but you must bring your own bag, box or cart. Days and locations include:

- Wednesday 12:30-1:30pm, Lillian Marrero Library, 601 W. Lehigh Avenue, 19133
- Thursday 10:00-11:00am, Einstein Medical Center, Tabor Road & Park Avenue, 19141
- Thursday 10:30-11:30am, Salvation Army, 5830 Rising Sun Avenue, 19120
- Friday 1:30-2:30pm, at the lot under the I-95 overpass at Front and Tasker Streets, 19147

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FARMERS' MARKETS

Find your closest farmers' market by visiting www.phillyfoodfinder.org

Philly Food Bucks, <http://thefoodtrust.org/farmers-markets>

Spend \$5 in SNAP at your farmers' market, and get a \$2 Philly Food Bucks coupon to buy more fruits and vegetables. Most markets open May/June through October/November.

Farmers' Market Nutrition Program (June-November)

Eligible WIC participants and qualifying seniors can receive \$20 in FMNP checks to buy vegetables and fruits at Philadelphia farmers' markets. Checks are distributed in the summer and must be used by Nov. 30.

WIC participants: contact WIC office. Seniors: contact Philadelphia Corporation for Aging 215-765-9040.

Farm to Families, <http://www.scfchildren.org/farm-to-families-initiative>

Buy a box of farm-fresh produce worth \$20-\$30 for just \$10-\$15. Eggs, meat and fish also sold.

Order one week in advance. Pay with cash, SNAP or credit card. Order and pick up from 8 locations in Philadelphia and Bucks County. Contact St. Christopher's Foundation: 215-568-1126

Greensgrow Farms SNAP Share, <http://www.greengrow.org/snap/> or call or call 215-427-2780 ext 2.

SNAP eligible households can choose from 3 options for a weekly or bi-weekly share of fresh, local produce June-November, for \$35-70 per month. Pick up in Kensington, West Philly, South Philly or Center City. Earn Philly Food Bucks if you pay with SNAP benefits.

GROW YOUR OWN!

Take a **CLASS** to learn how to grow, prepare, cook and preserve healthy food:

PHS Garden Tenders: 215-988-8846

<http://phsonline.org/greening/garden-tenders>

Greensgrow Farms: 215-427-2702

<http://www.greengrow.org/events/>

Central Library Culinary Literacy Center, 1901 Vine St.

<http://libwww.freelibrary.org/culinary/>

GRID Magazine calendar of events:

www.gridphilly.com/events

Do you know? SNAP Benefits can be used to buy seeds and food-bearing plants! Check at your local farm stand, co-op or grocery store.

Discover ways to **EAT HEALTHY ON A BUDGET**

<http://foodfitphilly.org/eat-healthy-on-a-budget/>

Join a **FOOD CO-OP**

<http://www.philadelphia.coop/phillycoops/>

PARTICIPATE IN A COMMUNITY SUPPORTED AGRICULTURE (CSA) program:

<https://www.phillymag.com/be-well-philly/2018/03/08/csa-farm-share-philadelphia/>

DONATE EXTRA PRODUCE to pantries through PHS' City Harvest program. Call 215-988-8800 or visit: <http://phsonline.org/programs/city-harvest>



GREATER PHILADELPHIA COALITION AGAINST HUNGER

215-430-0556

WWW.HUNGERCOALITION.ORG

August 2018

FREE MEALS



Breakfast



Lunch



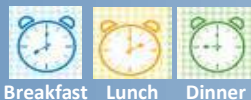
Dinner

The Philadelphia Food Access Collaborative
—Supported by the City of Philadelphia and
United Way of Greater Philadelphia & Southern New Jersey



Organization	Phone	Mon	Tu	W	Th	F	Sa	Su	Services
Bethel Presbyterian	215-228-328						4-6p		Food pantry THURS 10a-12p.
Bright Hope Baptist	215-232-6004	6-6:45p	6-6:45p	6-6:45p	6-6:45p				MON-THURS no meals July & August; clothing/toiletries, food vouchers MON-FRI 9a-12p.
Broad St. Ministry	215-735-4847	7:45-8:50a	7:45-8:30a; 4-5:15p	4-5:15p	11:30a-1:15p	11:30a-1:15p	11:45a-12:50p		Mail services, clothing/toiletries, med/psych. nurses, veterans asst., HIV/AIDS testing, mending, therapeutic arts.
Center in the Park	215-848-7722	8-10:15a		8-10:15a		8-10:15a			Counseling & referrals, energy assistance, housing counseling, adult education & life learning expression.
Chosen 300 Ctr City	215-765-9806	6-7:30p	12-1:30p	6-7:30p		6-7:30p	5-6:30p	10a-12p	5-7p SAT on 17th and Parkway May-Oct; Lunch 1st TUES of month 11:30a-1p; comp./literacy training, clothing/toiletries; barber day every 4th MON.
Chosen 300 West	215-765-9806	6:00-7:30p				6:00-7:30p		10a-12p	MON 5p expungement clinic; barber day every 2nd MON ; clothing.
Church of the Advocate	215-978-8000	12-2p	12-2p	12-2p	12-2p	12-2p			Clothing closet during lunches; outreach services from 10am-2pm MON-FRI.
CSS St. Anne's Senior Ctr.	215-426-9799	8:30-9:30a; 11:30a-12p	8:30-9:30a; 11:30a-12p	8:30-9:30a; 11:30a-12p	8:30-9:30a; 11:30a-12p	8:30-9:30a; 11:30a-12p			Show proof of 60+. Recreation, educ., transportation, & counseling. Fee for breakfast for those who can afford it.
Devereux Memorial	215-221-5050			12 - 1p					Food bag distribution fourth SAT.
Face to Face	215-849-0179	12:30-1:45p	12:30-1:45p			12:30-1:45p	12:30-1:45p	12:30-1:45p	Health Center, Legal Center, Social Services Center, Art Studio, Computer Workshops, and Washeteria (showers & fresh clothing).
Helping Hand	215-627-1656							1:30p	
Lombard Central	215-222-3044				8-11a	8-11a			Closed July & August; clothing, life skills training, housing resources, adult education, GED.
Mercy Hospice	215-790-7540	11:15a-12:45p	11:15a-12:45p	11:15a-12:45p	11:15a-12:45p	11:15a-12:45p	11:15a-11:45a	11:15a-11:45a	
MLK Older Adult Ctr	215-685-2715	11:30a-12:30p	11:30a-12:30p	11:30a-12:30p	11:30a-12:30p	11:30a-12:30p	11:30a-12:30p		Arts, games, assistance programs, & counseling.
Mt. Olive Holy Temple	215-765-3372		12-2p	12-2p	12-2p			2:30-3:30pm	
Mt. Tabor Love Kitchen	215-574-1310	12-1p			4:30-5:30p				Free clothing MON from 12-1p.
New Pathways Project	215-225-5800				12:30-2p	12:30-2p			18+ ONLY; Support groups, in-house clothes closet, toiletries, counseling, Hep-C HIV testing daily, computer courses, case management, health and relationships classes.
Old Pine Comm. Center	215-627-2493		11:30a-12:30p		11:30a-12:30p		11:30a-12:30p		SAT lunch Srs only; 12:30-1:30p; Bagged lunch TUES/THURS on 5th & South to Front & South; clothing/canned food.
Old St. Joe's Church	215-923-1733		12-1p		12-1p		12-1p		Men Only
Our Brother's Place	215-236-7020	12p	12p	12p	12p	12p	12p	12p	
Phila. Senior Center	215-546-5879	12 -1p	12 -1p	12 -1p	12 -1p	12 -1p			Show proof of 55+.
Philly Restart	adambruck-ner@gmail.com	4-5p							Serves outdoors on 19th & Vine St across from the family court; ID services.
Resurrection Baptist	215-473-9427		12-1p		12-1p				Food pantry TUES 11a-12:45p.
Salvation Army	215-739-2365			11:45a					Food pantry TUES/THURS 7:30a; call for eligibility.
S. Phila. Older Adult Ctr	215-685-1697	11a-1p	11a-1p	11a-1p	11a-1p	11a-1p			Community activities.
St. John's Hospice	215-563-7763	12p & 4:00p	12-1p	12-1p	12-1p	12p & 4:00p			Men only: mail services, nurses, laundry, showers, clothing, overnight coffeehouse; closed 2nd TUES of the month.
St. Mark's	215-735-1416						7-9a		TUES-FRI 9:30 - 11a Pantry items with referral.
Sunday Breakfast Rescue Mission	215-922-6400 Ext. 101	7a; 12p; 6p	7a; 12p; 6p	7a; 12p; 6p	7a; 12p; 6p	7a; 12p; 6p	7a; 12p; 6p	7a; 12p; 6p	Shelter for men only; medical & foot clinic, skills training.
The Welcome Center	215-567-3242		12p			12p			Youth services, legal services, LGBTQ services.
Tindley Temple	215-735-0442	11a-12:30p		11a-12:30p					
Transfiguration Ch.	215-387-5708		5-7p						Food pantry and free clothing during TUES meal .
Uni. City Hosp. Coal.	610-639-4395	6p		6p	6p	6p	12p	6p	MON/WED St Agatha & St James; THURS/SAT St. Mary's Church; FRI Woodland Presby.; SUN. Hillel.
West Phila Sr. Comm.	215-386-0379	11:30a-12:30p	11:30a-12:30p	11:30a-12:30p	11:30a-12:30p	11:30a-12:30p			Show proof of 60+. Exercise & education classes. Counseling.

FREE MEALS



Breakfast Lunch Dinner

The Philadelphia Food Access Collaborative
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Center City

1. Broad Street Ministry
315 S. Broad St.
M Tu 7:45-8:50a; Tu W 4-5:15p;
Th F Sa 11:30a-1p
2. Chosen 300
1116 Spring Garden St.
M W F 6-7:30p; Tu 12-1:30p;
Sa 5-6:30p; Su 10a-12p
3. Old Pine Com. Center
401 Lombard St.
Tu Th Sa 11:30a-12:30p
4. Old St. Joe's Church
321 Willing's Alley
Tu Th Sa 12-1p
5. Philly Restart
Outdoors 19th & Vine
M 4-5p
6. St. John's Hospice
1221 Race St.
M F 12p and 4p;
Tu W Th 12-1p
7. St. Mark's
1625 Locust St.
Sa 7-9a
8. Sunday Breakfast RM
302 N 13th St.
M-Su 7a, 12p, 6p
9. The Welcome Center
2111 Sansom St.
Tu F 12p

South Philadelphia

10. Mercy Hospice
334 S. 13th St.
M-F 11:15a-12:45p;
Sa-Su 11:15-11:45a
11. Phila. Senior Center
509 S. Broad St
M-F 12p-1p
12. S. Philadelphia Older Adult Center
1430 E Passyunk Ave
M-F 11a-1p
13. Tindley Temple
750 South Broad St.
M W 11a-12:30p

North Philadelphia (below Lehigh)

14. Bethel Presbyterian Ch.
1900 W York St.
Sa 4-6p
15. Bright Hope Baptist
1601 N. 12th St.
M-Th 6-6:45p
16. Church of the Advocate
1801 Diamond St.
M W 12-2p; Tu 12-2p;
Th F 12-2p
17. CSS St. Anne's Sr. Center
2607 E. Cumberland St.
M-F 8:30-9:30a and 11:30a-12p
18. Helping Hand Rescue Mission
610 N 6th St
Su 1:30p
19. Devereux Memorial UM
2527 W Allegheny Ave
W 12-00-1:00p
20. MLK Older Adult Center
2101 W Cecil B Moore Ave
M-Su 11:30a-12:30p
21. Mt. Olive Holy Temple
1469 Broad St.
Tu W Th 12-2p
22. Mt. Tabor AME Church
961 N 7th St.
M 12-1pm; Th 4:30-5:30pm
23. New Pathways Project
2539 Germantown Ave
Th F 12:30-2p
24. Our Brother's Place
907 Hamilton St.
M-Su 12p

25. Salvation Army
1920 E Allegheny Ave.
W 11:45a

West Philadelphia

26. Chosen 300 West
3959 Lancaster Ave.
M F 6-7:30p; Su 10a-12p
27. Lombard Central
4201 Powelton Ave
Th F 8-11a
28. Resurrection Baptist Church
5401 Lansdowne Ave
Tu Th 12-1p
29. Transfiguration Baptist Ch.
3732 Fairmount Ave
Tu 5-7p
30. Uni. City Hospitality Coalition
M/W: 3728 Chestnut St;
Th/Sa: 3916 Locust Walk;
F: 401 S 42nd St;
Su: 215 S 39th St
M W Th F Su 6p
Sa 12p
31. West Phila Senior Community Center
1016 N 41 St.
M-F 11:30a-12:30p

Germantown

32. Center In the Park
5818 Germantown Ave
M W F 8-10:15a
33. Face to Face
109 East Price St.
M Tu F Sa Su 12:30-1:45p

M = Men only **S** = Seniors only
W = Wheelchair accessible **SH** = Shelter



Free Library of Philadelphia - English as a Second Language (ESL) Classes

Selection of City	Location	Address	Registration Phone Number
Center City	Independence Library	18 South 7th Street (near Market Street)	215-474-1235, ext. 229
Northeast Philadelphia	Bushroot Library	6304 Castor Avenue	215-474-1235, ext. 229
Northeast Philadelphia	Bushroot Library	10199 Bustleton Avenue	215-474-1235, ext. 229
Northeast Philadelphia	Wyoming Library	231 East Wyoming Avenue (at "B" Street)	215-474-1235, ext. 229
South Philadelphia	Charles Santore Library	932 South 7th Street	215-474-1235, ext. 229
South Philadelphia	Fumo Library	2437 South Broad Street	215-474-1235, ext. 229
South Philadelphia	Whitman Library	200 Snyder Avenue	215-474-1235, ext. 229
Southwest Philadelphia	Paschalville Library	6942 Woodland Avenue	215-474-1235, ext. 229

ADULT LITERACY, GED, & LANGUAGE RESOURCES IN PHILADELPHIA

OFFICE OF ADULT EDUCATION, CITY OF PHILADELPHIA



Enrolling adult learners in basic education, high school equivalency prep (GED & HISET) and English as a Second Language (ESL) classes in their neighborhood. Also offers free public computing classes.

990 SPRING GARDEN ST.
THIRD FLOOR, SUITE 300
PHILADELPHIA, PA 19123

PHONE: (215) 686-5250
EMAIL: ADULTEDU@PHILA.GOV



CFL provides a range of free community literacy programs: Adult Education classes to improve the literacy skills, classes to prepare for the GED or High School Equivalency and English as a Second Language (ESL) classes.

399 MARKET STREET
SUITE 201
PHILADELPHIA, PA 19106

PHONE: (215) 474-1235
EMAIL: INQUIRY@CENTERFORLITERACY.ORG



THE SCHOOL DISTRICT OF PHILADELPHIA

Multiple Pathways Programs gives Philadelphia residents who have fallen behind in school several different "Pathways" to High School Diploma attainment. The programs include: Accelerated High School Pathway, Educational Options Program (EOP), Gateway to College Pathway, Community-Based GED & Literacy Pathway and Crossroads Accelerated Academy.

PROGRAMS ARE OFFERED AT A VARIETY OF LOCATIONS. PLEASE CONTACT THE ORGANIZATION FOR DETAILS.

RE-ENGAGEMENT CENTER: (215) 400-6700
ALTERNATIVE EDUCATION: (215) 400-4230
EMAIL: ALTED@PHILASD.ORG

ALFABETIZACION DE ADULTOS, GED, Y APRENDIZAJE DE INGLES EN FILADELFIA

OFICINA DE EDUCACIÓN PARA ADULTOS, CIUDAD DE FILADELFIA



Inscripción de adultos en clases de educación básica, preparación para equivalencia de la escuela secundaria/preparatoria (GED & HISET) y clases de inglés como segundo idioma (ESL) impartidas en su vecindario. También se ofrecen clases de computación

gratuitas.
900 SPRING GARDEN ST.

THIRD FLOOR, SUITE 300
PHILADELPHIA, PA 19123

TEL: (215) 686-5250
DIRECCIÓN DE CORREO
ELECTRONICO:
ADULTEDU@PHILA.GOV



CFL ofrece una variedad de programas comunitarios de alfabetización gratuitos: clases de mejoramiento del nivel de alfabetización para adultos, clases de preparación para el GED o Equivalencia de la Escuela Preparatoria/Secundaria y Clases de Inglés como segundo idioma (ESL).

399 MARKET STREET
SUITE 201
PHILADELPHIA, PA 19106

TEL: (215) 474-1235
DIRECCIÓN DE CORREO
ELECTRONICO:
INQUIRY@CENTERFORLITERACY.ORG



THE SCHOOL DISTRICT OF PHILADELPHIA

Los programas de avance académico ofrecen diferentes formas de obtener un Diploma de Educación Secundaria (preparatoria) a los residentes de Filadelfia que se han atrasado en obtener educación completa. Los programas incluyen: Programa Acelerado de Escuela Secundaria (preparatoria), Programa de Opciones Educativas (EOP), Inicio de la Carrera Universitaria, Programa Comunitario-GED y Programa de Alfabetización, y Academia de Educación Acelerada.

EDUCACIÓN ALTERNATIVA:
215-400-4230
CENTRO DE RE-INTRODUCCIÓN:
215-400-6700
DIRECCIÓN DE CORREO ELECTRONICO:
ALTED@PHILASD.ORG

LOS PROGRAMAS SE OFRECEN EN
DIFERENTES UBICACIONES. POR
FAVOR COMUNIQUESE CON LA
ORGANIZACIÓN PARA MÁS
DETALLES.




SNAP Policy

IMMIGRANTS & REFUGEES

NON-CITIZENS ELIGIBLE WITHOUT WAITING PERIOD

Eligible if non-citizens belong to any of the following: qualified alien children under 18 years old, refugees admitted under section 207 of INA, Victims of Trafficking under the Trafficking Victims Protection Act of 2000, etc. For the complete list, visit [USDA here](#).

QUALIFIED 'ALIENS' ELIGIBLE AFTER WAITING PERIOD



A qualified alien is a non-citizen with a certain immigration status defined under the Personal Responsibility and Work Opportunity Reconciliation Act (PRWORA). For the complete list, visit [USDA here](#).

MORE INFO

Only U.S. citizens and certain lawfully-present non-citizens may receive SNAP benefits. Non-citizens who are eligible based on their immigration status must also meet other SNAP eligibility requirements such as income and resource limits.

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 to find a Federally Qualified Health Center.



Learn more at [CDC.gov/features/vfcprogram](https://www.cdc.gov/features/vfcprogram)



Do You Have Questions About the **COVID-19 Vaccine?**

There are a lot of questions about the new COVID-19 vaccine. To help, we have collected a list of the most frequently asked questions from people about to receive the COVID-19 vaccine.

Don't see your question listed? Visit www.phila.gov/covid-19 for more FAQs and updates about the vaccine.

How does the COVID-19 vaccine work?

The COVID-19 vaccine is a medicine that helps your immune system fight the COVID-19 virus. It comes in the form of two injections.

1. The first injection primes your immune system, helping it recognize the virus.
2. The second injection strengthens your immune response. After receiving both injections, the vaccine will greatly reduce your chances of getting sick.

Are you injecting the virus?

No. The COVID-19 vaccine contains incomplete pieces of the COVID-19 virus. None of the COVID-19 vaccines contain live COVID-19 virus cells.

Is a COVID-19 vaccine necessary?

We strongly recommend getting vaccinated. The vaccine decreases your chances of catching the COVID-19 virus. It also reduces the spread of the virus, and helps keep your family, neighbors, and friends safe.

Has the vaccine been tested?

Yes. The vaccine has been tested in large clinical trials of 43,000 and 30,000 volunteers. It gets approved by an Emergency Use Authorization, and is monitored during trials and after approval and in widespread use.

Do I still need to wear a mask and social distance after getting vaccinated?

Yes. We must continue to try and stop the spread of the virus. Please continue wearing a mask and social distancing until most people have the vaccine.

Can I get COVID-19 after getting vaccinated?

The COVID-19 vaccine greatly reduces your chances of getting sick. But, we won't know how long immunity lasts until we have more data. Please continue wearing a mask and social distancing after receiving the vaccine.

What is the vaccine efficacy rate?

Large clinical trials show the both Pfizer and Moderna vaccine's efficacy rate is approximately 95%.

Can children receive the vaccine?

No. The current COVID-19 vaccines are only available to those 16 years and older.

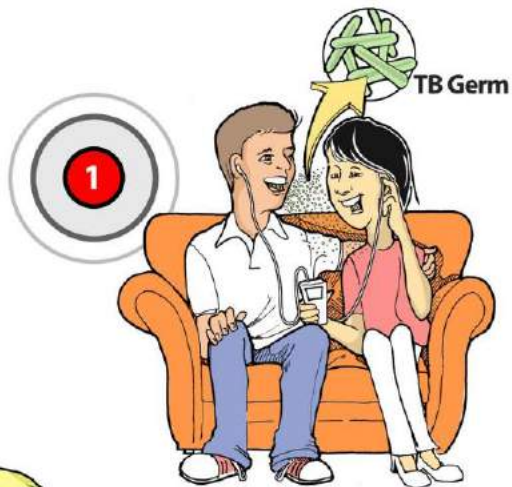
Will my medication interact with the vaccine?

No. There are no known drug interactions with the COVID-19 vaccine.

What are the potential side-effects?

Short-term side effects include a sore arm, headache, fatigue, chills, and fever. These side effects are signals that your immune system is working.

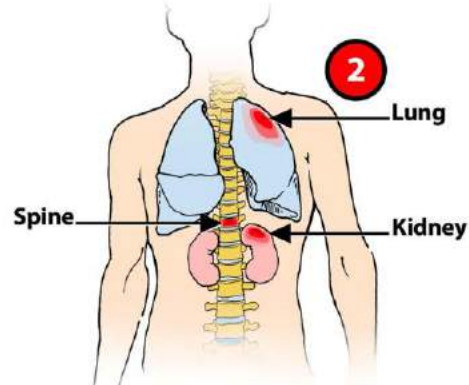




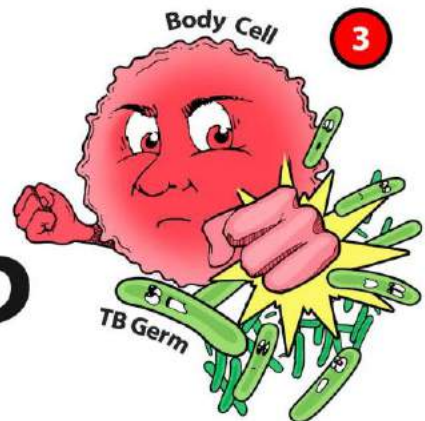
1 TB is spread when a person with TB disease coughs, sings, or speaks and you breathe the air contaminated with TB germs.



Taking your TB medicine is very important. You need to take the medicine to help get better and to prevent the spread of TB germs to others.



The germs reach your lungs. From there, they can go to other parts of your body.



Your body fights the TB germs.

STOP TB

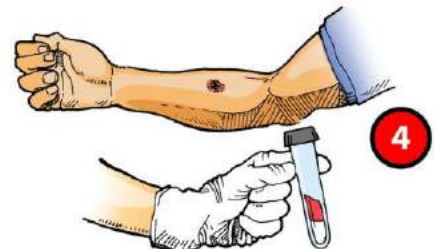


You get TB DISEASE when the TB germs multiply and attack your lungs or other parts of your body. When this happens,

- ◆ You have a positive TB skin test or TB blood test.
- ◆ You feel sick with cough, fever, weight loss, chest pain, or sweating at night.
- ◆ You have active TB germs in your body.
- ◆ You may give TB germs to others.
- ◆ You may have an abnormal chest x-ray.



You can take medicine to treat LATENT TB INFECTION and prevent getting TB DISEASE.



If your body controls the germs, you have LATENT TB INFECTION. When this happens,

- ◆ You may have a positive TB skin test or TB blood test.
- ◆ You don't feel sick.
- ◆ You don't have TB symptoms.
- ◆ You can't give TB germs to others.
- ◆ You have a normal chest x-ray.

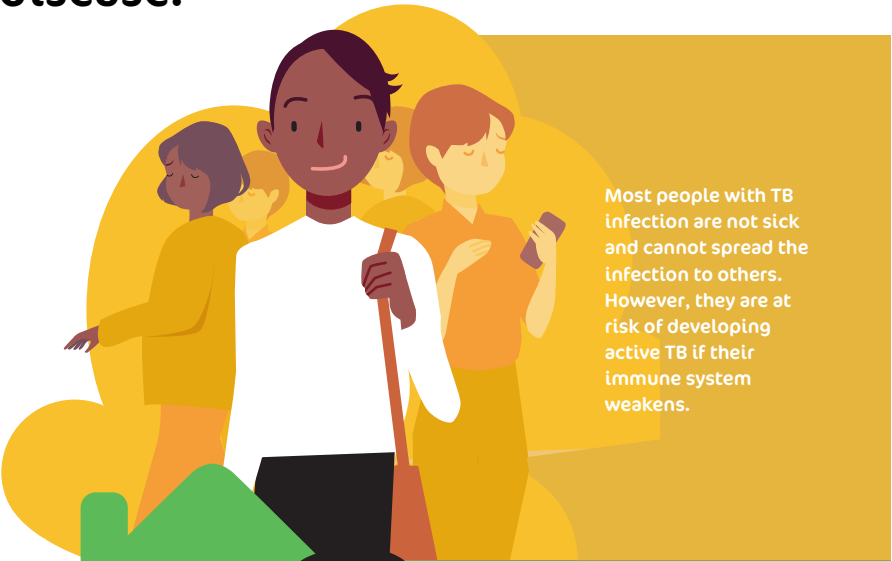


Preventive treatment for tuberculosis infection

TB preventive treatment can stop infection from turning into active disease.

What is TB infection?

Tuberculosis (TB) is caused by bacteria and spreads through air and can infect anyone. Sometimes, a person gets infected with bacteria but they do not fall ill with TB immediately. In this case, the TB bacteria remain inactive in the body and the person is said to have TB infection. People with TB infection do not show any signs or symptoms of TB.



Most people with TB infection are not sick and cannot spread the infection to others. However, they are at risk of developing active TB if their immune system weakens.

Am I at risk?

You can be infected with TB bacteria even if you are not ill. In fact, as many as 1 in 4 people in the world are estimated to have TB infection, most of whom are well. Some people who are infected will go on to develop TB disease.



The chance of getting active TB disease is higher if you:

- are in close contact with a TB patient
- are living with HIV

Other high-risk groups include people receiving dialysis, who have silicosis, who are receiving haematological transplantation or anti-TNF treatment, healthcare workers, migrants from high TB burden countries, people who use drugs, who are in prison or homeless people.

Do I need TB preventive treatment?

If you are at risk then your healthcare provider will first rule out active TB disease before assessing if you need TB preventive treatment.



A tuberculin skin test (TST) or interferon-gamma release assay (IGRA) can be used to identify people with infection.

What are the treatment options?

Today, there are many preventive treatment options available. New, shorter treatment options mean that people can be protected from TB for many years with treatment lasting only 1 or 3 months versus more than 6 months in the past.



It is important to complete the full course of TB preventive treatment so that it is effective.

Protect yourself and your loved ones!



ELIMINATE ~~HEPATITIS~~

28 countries accounting for 70% of the burden **take action**

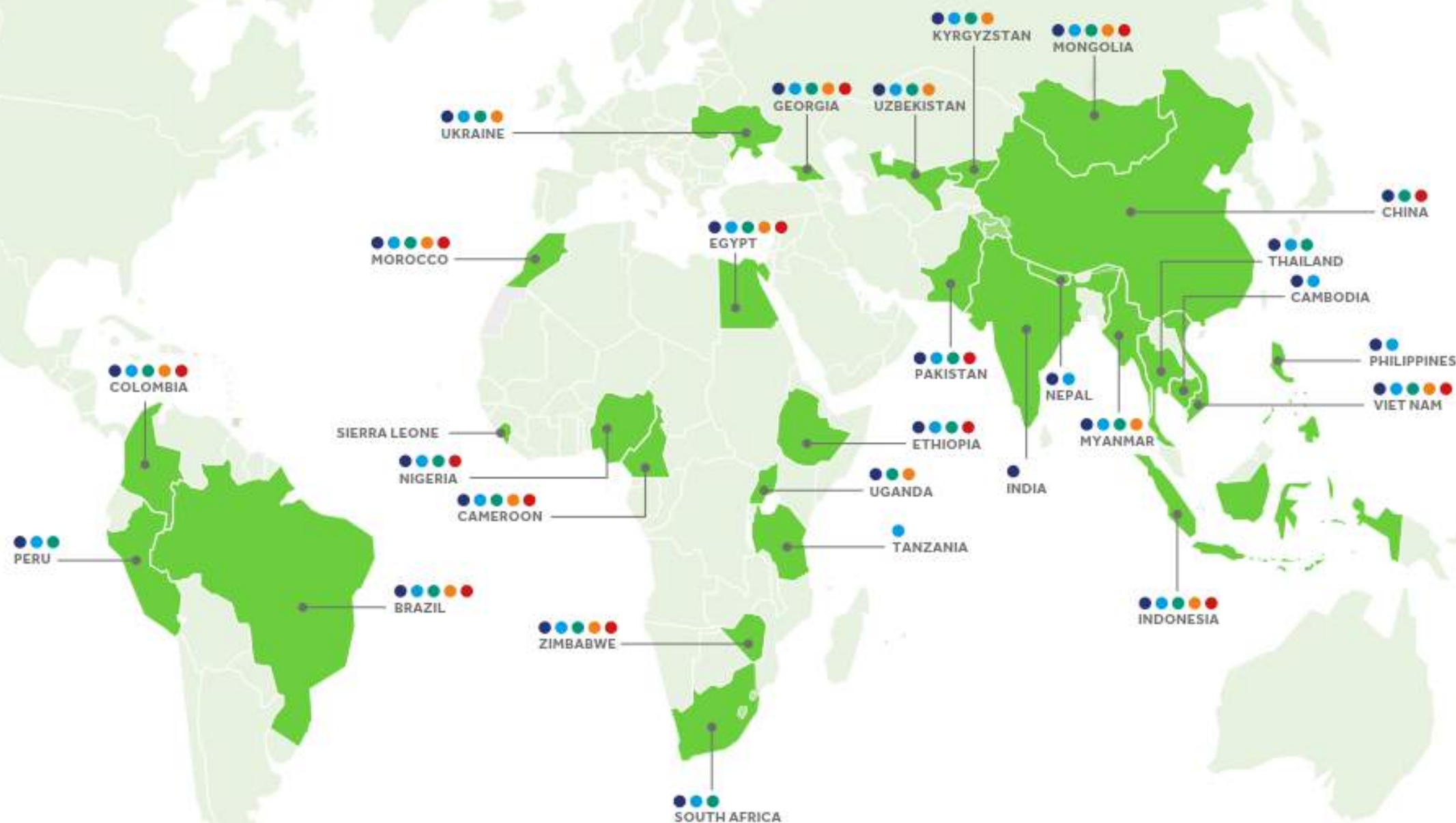
89% ESTABLISHING HIGH LEVEL NATIONAL COMMITTEES

86% SETTING NATIONAL ELIMINATION TARGETS

75% DEVELOPING NATIONAL HEPATITIS PLANS

67% OF NATIONAL PLANS HAVE DEDICATED FUNDING

43% AIMING FOR ELIMINATION THROUGH UNIVERSAL ACCESS TO TREATMENT





PHMC NNCC

*Together we can reduce health disparities and meet
people's primary care and wellness needs*



For additional assistance, please contact
Christine Simon, Senior Project Manager, at csimon@phmc.org