

# Maternal Infant Health Program (Infant)

## Important Phone Numbers

Health Care Provider: \_\_\_\_\_ After Hours: \_\_\_\_\_

Friend/Relative: \_\_\_\_\_ Hospital: \_\_\_\_\_







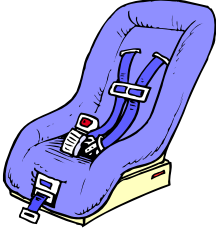
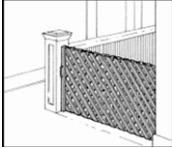
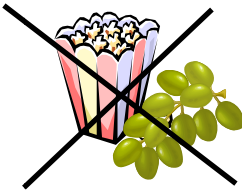
Dentist: \_\_\_\_\_ Other: \_\_\_\_\_

**Women's Resource Center**                      **Third Level Crisis Center: 1-800-442-7315**  
**Traverse City: 1-800-554-4972**  
**Petoskey: 1-800-275-1995**                      **Poison Control: 1-800-222-1222**

**Weekend & after hours emergency use only:** Call your local health department number below and you will be given further instructions:

Charlevoix: **231-547-6523**                      Bellaire: **231-533-8450**                      Mancelona: **231-587-5044**  
 Petoskey: **231-347-6014**                      Gaylord: **989-732-1794**

## FIRE ★ POLICE ★ AMBULANCE – CALL 911

<p style="text-align: center;"><b>Infants (birth to 1)</b> <b>If conscious but choking...</b></p> <p><b>Step 1</b> Determine if the infant can cry or cough. If not, proceed to next step.</p> <p><b>Step 2</b> Give 5 back blows.                      <b>Step 3</b> Give 5 chest thrusts.</p> <div style="display: flex; justify-content: space-around;">   </div> <p><b>Step 4</b> Repeat steps 2 &amp; 3 above until effective or the infant becomes unresponsive. If the infant becomes unresponsive, perform CPR- if you see an object in the throat or mouth, remove it.</p> <div style="display: flex; justify-content: space-between;">  <div style="width: 80%;"> <p><b>If not breathing...</b></p> <p>If the baby is NOT breathing give 2 small gentle breaths. Cover the baby's mouth and nose with your mouth. Each breath should be 1.5 to 2 seconds long. You should see the baby's chest rise with each breath.</p> </div> </div> <p><b>If air still won't go in...</b></p> <p>Give 5 chest thrusts, ½ - 1" Look for and clear any objects from the mouth. Repeat these 3 steps until breathing.</p> <div style="display: flex; justify-content: space-between;">  <div style="width: 80%;"> <p><b>If not breathing and no pulse...</b></p> <p>Begin CPR - Repeat with 1 breath and 5 compressions. After one minute of repeated cycles call 911 and continue giving breaths and compressions.</p> </div> </div> 	<p style="text-align: center;"><b>Some Basic Safety Rules to Protect Children</b></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><b>SUPPORT</b> baby's head. <b>NEVER</b> shake a baby or young child! Healthy babies should sleep on their backs!</p> </div>  </div> <div style="display: flex; justify-content: space-between; margin-top: 20px;"> <div style="width: 45%;">  <p><b>ALWAYS BUCKLE UP YOUR CHILD!</b></p> </div> <div style="width: 45%;">  <p><b>USE</b> gates on stairs!</p> </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 20px;"> <div style="width: 45%;"> <p><b>KEEP</b> plastic bags, cords, and small objects from children!</p>  </div> <div style="width: 45%;"> <p><b>DO NOT</b> give infants foods like grapes, popcorn, or raw vegetables they cannot chew!</p> </div> </div> <p style="text-align: center;"><b>PROTECT</b> your child from exposure to tobacco smoke!</p>
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## Client Rights and Responsibilities

To guarantee that you receive the best care possible, Health Department of Northwest Michigan has established client rights and responsibilities.

Each individual who receives care has the right to:

- ◆ Receive quality health care
- ◆ Be treated with respect
- ◆ Be told about all services provided through Maternal Support Services and Infant Support Services
- ◆ Be told about access to community no and low-cost food programs
- ◆ Receive information about health department programs or other community agencies that may be helpful
- ◆ Have information kept confidential and all other privacy rights respected as guaranteed by the Health Insurance Portability and Accountability Act (HIPAA)
- ◆ Get help with any special needs
- ◆ Know the names and professional qualifications of the people who provide services
- ◆ Get help in identifying at least one individual to call when needed
- ◆ Voice any concern about the service or care received\*
- ◆ Receive assistance to identify an emergency transportation plan

Each individual who receives care has the responsibility to:

- ◆ Keep scheduled appointments or call and re-schedule when needed
- ◆ Provide accurate information
- ◆ Ask questions about care received
- ◆ Respect the rights of other clients and HDNW employees
- ◆ Inform HDNW of changes in name, address, phone number or insurance coverage
- ◆ Notify HDNW if services are no longer needed due to a move out of the area or a desire to cancel services

\*If you have a concern about the care you've received and wish to voice a complaint, call 231-347-6014 or 1-800-432-4121 and ask to speak to the Director of Family and Community Health Services.