General Health Information

Adjusting to a New Culture (Many brochures on health and illness)

- General Informational Brochure: A Healthy Living Toolkit – Arabic or English

Alcohol and Drugs

- Drinking and Driving Laws - Arabic or English
- How Alcohol Affects the Body - Arabic or English
- Preventing Alcohol and Drug Abuse Among Teens - Arabic or English
- Substance Abuse or Dependence - Arabic/English
- Teens and Drug Use - Arabic/English
- What is Addiction? - Arabic or English

Allergies

- Signs and Symptoms - Arabic/English

Ankle Injuries

- Ankle Exercises - Arabic/English
- Ankle Sprain - Arabic/English

Appendicitis

- Appendectomy - Arabic/English
- Appendectomy for a Child - Arabic/English

Arm Injuries

- Active Range of Motion Exercises - Arabic/English
- Assisted Arm Range of Motion Exercises - Arabic/English
- Wearing a Shoulder Sling - Arabic/English

Asthma

- General Information - Arabic/English
- All About Asthma - Arabic/English
- Nebulizer Treatments - Arabic/English
Back Injuries

- Back Health and Safety - Arabic/English
- Exercises for Your Back - Arabic/English
- Exercises to Strengthen Your Back - Arabic/English
- Low Back Exercises - Arabic/English
- Low Back Pain - Arabic/English

Biopsy

- Biopsy - Arabic/English
- Breast Biopsy - Arabic/English
- Colposcopy - Arabic/English
- Thyroid Biopsy - Arabic/English

Blood and the Heart

- Anemia - Arabic/English
- Angioplasty - Arabic/English
- Angina - Arabic/English
- Receiving Transfusions - Arabic/English

Breastfeeding

- Breastfeeding Problems - Arabic/English
- Getting Started Breastfeeding - Arabic/English
- Pumping and Storing Breast Milk - Arabic/English

Bullying

- Teen Bullying - Arabic/English

Burns

- Burn Care - Arabic/English

Cancer

- Bone Scan - Arabic/English
- Breast Cancer - Arabic/English
- Cancer: Types, Signs, and Care - Arabic/English
- Cervical Cancer - Arabic/English
- Cervical Cancer Screening - Arabic or English
- Chemotherapy - Arabic/English
- Clinical Trials - Arabic or English
- Early Detection - Arabic or English
- For the Caregiver - Arabic or English
• Handling Chemotherapy Safely [Arabic/English]
• Nausea and Vomiting with Cancer Treatment - [Arabic/English]
• Prostate Cancer - [Arabic/English]
• Prostate Cancer Screening - [Arabic or English]
• Skin Cancer - [Arabic/English]
• Talking With Your Doctor - [Arabic or English]
• What is Cancer? - [Arabic or English]

Cancer and Treatment

• Cancer Pain - [Arabic or English]
• Changes in Taste and Smell With Treatment - [Arabic/English]
• Dry Mouth with Treatment - [Arabic/English]
• Eating Well During Treatment - [Arabic or English]
• Fatigue - [Arabic or English]
• Loss of Appetite with Treatment - [Arabic/English]
• Lung Cancer - [Arabic/English]
• Mouth Care with Treatment - [Arabic/English]
• Moving on After Treatment - [Arabic or English]
• Radiation Therapy - [Arabic/English]
• Sore Mouth or Throat with Treatment - [Arabic/English]
• Sun Safety Tips - [Arabic/English]

Cataracts

• What is a Cataract? - [Arabic/English]

Child Dental Health

• Foods for Healthy Teeth - [Arabic or English]
• Healthy Teeth, Healthy Kids - [Arabic or English]

Child Safety

• Child Safety Checklist - [Arabic/English]
• Safety with Car Seats and Booster Seats - [Arabic/English]

Childbirth

• Cesarean Recovery Part 1 - [Arabic or English]
• Cesarean Recovery Part 2 - [Arabic or English]
• Your Recovery After Cesarean Birth - [Arabic/English]
• Epidural Pain Relief - [Arabic/English]
• Signs of Labor - [Arabic/English]
• Stages of Labor - [Arabic/English]
• Recovery After Vaginal Birth Part 1 - [Arabic or English]
• Recovery After Vaginal Birth Part 2 - [Arabic or English]
• Your Recovery After Vaginal Birth - Arabic/English

Childhood Immunization

• After the Shots: Discomfort in Children - Arabic or English
• Immunizations for Babies - Arabic or English
• Screening Checklist for Contraindications to Vaccines - Arabic or English
• Vaccinations for Infants and Children, age 0-10 - Arabic or English
• Vaccinations for Preteens and Teens, age 11-19 - Arabic or English
• Vaccines for your Children - Arabic/English
• Your Child's First Vaccines - Arabic or English
• When Do Children and Teens need Vaccinations? - Arabic or English

Cholesterol

• Cholesterol - Arabic/English

Circumcision

• Male Circumcision - Arabic/English

Colonoscopy

• Colonoscopy with Bowl Prep - Arabic/English
• Get a Colon Test - Arabic or English
• Sigmoidoscopy - Arabic/English

Computerized Tomography

• CT Scan - Arabic/English

Dental Health

• Good Oral Health During Pregnancy - Arabic or English
• Oral Hygiene - Arabic/English
• Toothache - Arabic/English

Diabetes

• About Diabetes - Arabic/English
• Causes and Complications - Arabic or English
• Diabetes - Arabic/English
• Diabetes and Eye Problems - Arabic/English
• Diabetes and Nerve Damage - Arabic/English
• Diabetes and Wound Healing - Arabic/English
• Diabetes During Pregnancy - Arabic/English
• Diabetic Retinopathy - Arabic/English
• Drawing Up One Insulin - Arabic/English
• Fasting Blood Sugar Test - Arabic/English
• High Blood Sugar - Arabic/English
• How to Use a Glucose Meter - Arabic/English
• How to Use an Insulin Pen - Arabic/English
• Low Blood Sugar - Arabic/English
• Mixing Two Insulins - Arabic/English

Dialysis

• Dialysis - Arabic/English
• Hemodialysis - Arabic/English
• Peritoneal Dialysis - Arabic/English

Disabilities

• Information for People With Disabilities - Arabic or English
• SSD and SSI Benefits - Arabic/English

Doctors

• Advanced Directives - Arabic/English
• Be Our Partner for Safe Health Care - Arabic/English
• Getting Medical Care - Arabic/English
• Medical Appointments - Arabic or English

Ear Infections

• Middle Ear Infections in Children - Arabic/English

Emergencies

• Build an Emergency Preparedness Kit - Arabic or English
• Emergency Room - Arabic or English
• Emergency Supply List - Arabic or English
• Evacuation and Community Shelters - Arabic or English
• Make an Emergency Plan - Arabic or English
• Plan for an Emergency - Arabic/English
• Power Outages - Arabic/English
• Preparing for Emergencies: A Refugee Guide – Arabic or English
• Preventing Illness During an Emergency - Arabic/English
• Sirens and Telephone Alerts - Arabic or English
• Tornadoes - Arabic or English
• Watches and Warnings - Arabic or English
• Winter Storms and Extreme Cold - Arabic or English
Exercise

- General Information - Arabic or English
- Staring an Exercise Program Arabic/English

Fever

- Taking a Temperature - Arabic/English

Finances

- Financial Literacy – Arabic or English

Hand Washing

- Hand Washing - Arabic or English
- How to Wash Your Hands - Arabic/English

Head Lice

- Head Lice - Arabic/English

Headaches

- Types of Headaches and Care - Arabic/English

Heart

- Angiogram - Arabic/English
- Atrial Fibrillation - Arabic/English
- Coronary Artery Disease - Arabic/English
- Coronary Artery Bypass Surgery - Arabic/English
- Echocardiogram - Arabic/English
- Heart Attack - Arabic/English
- Heart Failure - Arabic/English
- Pacemaker - Arabic/English
- Stress Echocardiogram - Arabic/English
- Stress Test of the Heart - Arabic/English

Hepatitis

- Viral Hepatitis - Arabic/English

High Blood Pressure

- High Blood Pressure - Arabic/English
• Hypertension - [Arabic/English]

HIV

• What is HIV? - [Arabic] or [English]

Hysterectomy

• Hysterectomy Types and Information - [Arabic/English]

Influenza

• Cleaning to Prevent the Flu - [Arabic] or [English]
• Fight the Flu Poster - [Arabic] or [English]
• Flu and You - [Arabic] or [English]
• Talking to Children about the Flu - [Arabic] or [English]
• What to Do If Your Child Gets Sick with the Flu - [Arabic] or [English]

Immunization

• Adult Vaccine Screening Checklist - [Arabic] or [English]
• Vaccinations for Adults: You’re Never Too Old - [Arabic] or [English]

Infant and Newborn Care

• Bottle Feeding Your Baby - [Arabic/English]
• Breastfeeding is Important – [Arabic] or [English]
• Caring for your Baby - [Arabic/English]
• Choosing a Doctor for Your Baby - [Arabic/English]
• Coping with Your Baby’s Crying - [Arabic/English]
• Food to Grow on: Birth to 12 Months – [Arabic] or [English]
• Food to Grow on: 12 to 18 months- [Arabic] or [English]
• Food to Grow on: 19 to 24 months – [Arabic] or [English]
• Hearing Test for Your Baby - [Arabic/English]
• Homemade Baby Food Recipes – [Arabic] or [English]
• How to Bathe Your Newborn Baby - [Arabic/English]
• How to Know Your Baby is Getting Enough Milk – [Arabic] or [English]
• Sore Nipples During Breastfeeding – [Arabic] or [English]
• When Should I Call My Baby’s Doctor? - [Arabic/English]
• Your New Baby - [Arabic/English]

Kidney Disease

• Diabetes and Kidney Problems - [Arabic/English]
• Kidney Failure - [Arabic/English]
Medical Appointments

- Appointment Reminder - Arabic/English
- Medical Appointment Guidelines - Arabic or English

Medication

- Blood Thinner Medicine - Arabic/English
- Generic and Brand Name Medicines - Arabic/English
- Guide to Over the Counter Medications - Arabic or English
- Pharmacies - Arabic or English
- Taking Medicines Safely - Arabic/English

Mental Health

- Depression - Arabic/English
- Mental Distress - Arabic or English
- PTSD - Arabic/English
- Stress - Arabic or English
- Stress and Coping - Arabic/English

Nutrition

- Balanced Nutrition with "My Plate" Model - Arabic/English
- My Plate Image - Arabic or English
- Nutrition Resources - Arabic or English
- Lowering Sodium in Your Diet - Arabic/English
- Ten Tips to a Great Plate - Arabic or English

Osteoporosis

- Signs and Risks of Osteoporosis - Arabic/English

Pain Scale

- Pain Rating Scale - Arabic/English

Parenting

- A Guide to Your Children’s School: A Parent Handbook – Arabic or English
- Drug Information For Parents – Arabic or English
- Raising Children in a New Country: An Illustrated Handbook – Arabic or English
- School Information for Parents – Arabic or English

Pneumonia

- Pneumonia - Arabic/English
• Pneumonia in Children - [Arabic/English]

Pregnancy

• A Healthy Pregnancy - [Arabic/English]
• Changes to Your Baby and Your Body During Pregnancy - [Arabic/English]
• Concerns and Discomforts of Pregnancy - [Arabic/English]
• Constipation and Diarrhea During Pregnancy - [Arabic] or [English]
• Emotional Changes After Giving Birth - [Arabic/English]
• Exercising During Pregnancy - [Arabic/English]
• Fetal Movement Count - [Arabic/English]
• High Blood Pressure in Pregnancy - [Arabic/English]
• Nausea During Pregnancy - [Arabic] or [English]
• Nausea and Vomiting During Pregnancy - [Arabic/English]
• Non-Stress Test in Pregnancy - [Arabic/English]
• Planning Ahead for the Birth of Your Baby - [Arabic/English]
• Prenatal Care - [Arabic/English]
• Ultrasound in Pregnancy - [Arabic/English]
• Vaccinations for Pregnant Women - [Arabic] or [English]

Safety

• Fire Safety - [Arabic] or [English]
• Preventing Falls at Home - [Arabic/English]

Sexual Health

• Safer Sex - [Arabic/English]
• STDs - [Arabic/English]

Smoking

• Avoiding Weight Gain When Quitting Tobacco - [Arabic/English]
• Don't Quit Alone: Smoking Cessation - [Arabic] or [English]
• How to Quit Smoking - [Arabic/English]
• Smoking is Unhealthy – [Arabic] or [English]

Surgery

• Home Care After Joint Replacement - [Arabic/English]
• Home Care Instructions After Surgery - [Arabic/English]
• Your Hospital Care After Surgery - [Arabic/English]
Throat Health

- Strep Throat - Arabic/English

Tuberculosis

- Home Respiratory Precautions - Arabic or English
- How to Take Your TB Medicine - Arabic/English
- INH: Standing Between You and Tuberculosis - Arabic or English
- Keep Taking Your TB Medicine - Arabic/English
- TB Blood Test - Arabic or English
- The TB Skin Test – Arabic or English
- Tuberculosis - Arabic/English
- You Can Have A TB Infection - Arabic/English
- You Can Have TB and Feel Healthy - Arabic/English

Vaccine Information

- Chickenpox - Arabic or English
- DTaP - Arabic or English
- Hib - Arabic or English
- Hepatitis A - Arabic or English
- Hepatitis B - Arabic or English
- HPV - Arabic or English
- Influenza Inactivated - Arabic or English
- Influenza Live Intranasal - Arabic or English
- MenACWY - Arabic or English
- MenB - Arabic or English
- MMR - Arabic or English
- MMRV - Arabic or English
- Multi-Vaccine - Arabic or English
- Polio - Arabic or English
- PCV13 - Arabic or English
- PPSV - Arabic or English
- Rotavirus - Arabic or English
- Shingles - Arabic or English
- Td - Arabic or English
- Tdap - Arabic or English

Violence

- Violence in the Home - Arabic or English

Women’s Health

- Contraception for Women – Arabic or English
- Female Exam and Pap - Arabic/English
• Having a Pelvic Exam and Pap Test - Arabic or English
• How to Prepare for a Mammogram and Pap Test - Arabic or English
• Managing Menopause - Arabic/English

X-Rays

• Barium Swallow - Arabic/English
• Having an X-Ray - Arabic/English

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