Burmese Translated Health Information

Information compiled April 2018, by Heidi Sherwood, UWM Helen Bader School of Social Welfare student for the UWM Institute for Urban Health Partnerships (IUHP) Teaching Today's Students for Tomorrow's America (TTSTA) Project.

General Health Information

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

- General Informational Brochure: A Healthy Living Toolkit – [Burmese] or [English]

Alcohol and Drugs

- Drinking and Driving Laws - [Burmese] or [English]
- Facts about Marijuana – [Burmese] or [English]
- Facts about Methamphetamine – [Burmese] or [English]
- How Beer and Alcohol Affect the Body - [Burmese] or [English]
- Strong Family Relationships Can Prevent Alcohol and Drug Abuse Among Teens - [Burmese] or [English]
- What is Addiction? - [Burmese] or [English]

Citizenship

- Citizenship Test Questions – [Burmese/English]

Dental Health

- Foods for Healthy Teeth - [Burmese] or [English]
- Healthy Teeth, Healthy Kids - [Burmese] or [English]
- Tooth Tips: 0-12 Months – [Burmese] or [English]
- Tooth Tips: 18 Months-6 Years – [Burmese] or [English]

Diabetes

- Causes and Complications - [Burmese] or [English]
- What is Diabetes? – [Burmese] or [English]
Doctors

- Medical Appointments - Burmese or English

ESL

- Cue Cards – Burmese/English

Emergencies

- Emergency Preparedness Booklet: Guide for Refugees – Burmese or English
- Emergency Room - Burmese or English

Exercise

- General Information - Burmese or English
- Physical Activity in the Family – Burmese or English

Fever

- Thermometer Basics – Burmese or English

Hepatitis

- Hepatitis B: Are you At Risk? – Burmese or English
- Hepatitis B And Your Family: When Someone In The Family Has Hepatitis B – Burmese or English

High Blood Pressure

- High Blood Pressure – Burmese or English

HIV/AIDS

- What is HIV? – Burmese or English

Influenza

- Cleaning to Prevent the Flu - Burmese or English
- Fight the Flu Poster - Burmese or English
Flu and You - Burmese or English
Hand Washing - Burmese or English
Talking to Children about the Flu - Burmese or English
What to Do If Your Child Gets Sick with the Flu - Burmese or English

Infant and Newborn Care

Breastfeeding Confidence – Burmese or English
Breastfeeding is Important – Burmese or English
Food to Grow on: Birth to 12 Months – Burmese or English
Food to Grow on: 12 to 18 months- Burmese or English
Food to Grow on: 19 to 24 months – Burmese or English
Home Safety Checklist – Burmese or English
Homemade Baby Food Recipes – Burmese or English
How to Know Your Baby is Getting Enough Milk – Burmese or English
Proper Storage and Handling of Breastmilk – Burmese or English
Sore Nipples During Breastfeeding – Burmese or English

Medication

Guide to Over the Counter Medications - Burmese or English
Pharmacies - Burmese or English

Mental Health

How to Help Someone Thinking of Suicide – Burmese or English
How to Manage Stress – Burmese or English
Mental Health – Burmese or English
PTSD – Burmese or English
Stress - Burmese or English
What is Mental Distress? - Burmese or English

Nutrition

My Plate: Daily Amounts After Pregnancy – Burmese or English
Nutrition – Burmese or English
Nutrition Resources - Burmese or English
Vitamin D Deficiency – Burmese or English

Parenting

A Guide to Your Children’s School: A Parent Handbook – Burmese or English
Communicating with Children About Sex – Burmese or English
• Educational Handbook for Refugee Parents – Burmese or English

Pregnancy

• A Healthy Pregnancy – Burmese or English
• Hepatitis B and Pregnancy – Burmese or English

Smoking

• Smoking – Burmese or English
• Quit Smoking – Burmese/English

Vaccine and Disease Information

• Chickenpox - Burmese or English
• DTaP - Burmese or English
• Hib - Burmese or English
• Hepatitis A - Burmese or English
• Hepatitis B - Burmese or English
• Hepatitis C – Tigrinya or English
• HPV - Burmese or English
• Influenza Inactivated - Burmese or English
• Influenza Live Intranasal - Burmese or English
• MenACWY - Burmese or English
• MenB - Burmese or English
• MMR - Burmese or English
• MMRV - Burmese or English
• Multi-Vaccine - Burmese or English
• Polio - Burmese or English
• PCV13 - Burmese or English
• PPSV - Burmese or English
• Rotavirus - Burmese or English
• Shingles - Burmese or English
• Sickle Cell Disease – Burmese or English
• Td - Burmese or English
• Tdap - Burmese or English

Violence

• No One Has the Right to Hurt You – Burmese or English
• Violence in the Home - Burmese or English

Women’s Health

• Birth Control Methods – Burmese or English
- Breast Self-Awareness & Exams – Burmese and English
- Combined Pill – Burmese/English
- Common Vaginal Conditions – Burmese/English
- Contraception for Women – Burmese or English
- Contraceptive Implant – Burmese/English
- Contraceptive Injection (DMPA) – Burmese/English
- Copper IUD – Burmese/English
- Emergency Contraception – Burmese or English
- Endometriosis – Burmese or English
- Family Planning and Birth Control – Burmese or English
- Female Condom – Burmese or English
- Having a Pelvic Exam and Pap Test - Burmese or English
- Hormone Releasing IUD (Mirena) – Burmese/English
- How to Prepare for a Mammogram and Pap Test - Burmese or English
- Menstrual Cycle and Period Problems – Burmese or English
- Puberty and Menstruation – Burmese or English
- Routine Health Exams for Women – Burmese or English
- Tubal Sterilization – Burmese/English
- Vaginal Ring (Nuvaring) – Burmese/English

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