Karen 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 – Karen or English

Alcohol and Drugs

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

Dental Health

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

Diabetes

- Causes and Complications - Karen or English
- Control Your Diabetes – Karen or English
- What is Diabetes? – Karen or English

Doctors
Medical Appointments - Karen or English
Seeing A Doctor – Karen/English

ESL
Cue Cards – Karen/English

Emergencies
Emergency Room - Karen or English

Exercise
General Information - Karen or English
Physical Activity in the Family – Karen or English

Fever
Thermometer Basics – Karen or English

High Blood Pressure
High Blood Pressure – Karen or English

HIV/AIDS
How you get HIV/AIDS – Karen or English
Sharing Your HIV Status – Karen or English
Treatment – Karen or English
What is HIV? – Karen or English

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

Infant and Newborn Care

• Breastfeeding Confidence – Karen or English
• Home Safety Checklist – Karen or English

Medication

• Guide to Over the Counter Medications - Karen or English
• Pharmacies - Karen or English

Mental Health

• How to Help Someone Thinking of Suicide – Karen or English
• How to Manage Stress – Karen or English
• Mental Health Services – Karen/English
• Stress - Karen or English
• What is Mental Distress? - Karen or English

Nutrition

• Nutrition Resources - Karen or English

Parenting

• Communicating with Children About Sex – Karen or English
• School Information for Parents – Karen or English

Pregnancy

• A Healthy Pregnancy – Karen or English

Smoking

• Smoking – Karen or English
Tuberculosis

- The TB Skin Test – Karen or English

Vaccine Information

- Chickenpox - Karen or English
- DTaP - Karen or English
- Hib - Karen or English
- Hepatitis A - Karen or English
- Hepatitis B - Karen or English
- Influenza Inactivated - Karen or English
- MenACWY - Karen or English
- MenB - Karen or English
- PCV13 - Karen or English
- Polio - Karen or English
- Shingles - Karen or English
- Td – Karen or English
- Tdap - Karen or English

Violence

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

Women’s Health

- Birth Control Methods – Karen or English
- Contraception for Women – Karen or English
- Family Planning and Birth Control – Karen or English
- Having a Pelvic Exam and Pap Test - Karen or English
- How to Prepare for a Mammogram and Pap Test - Karen or English
- Puberty and Menstruation – Karen or English
- Routine Health Exams for Women – Karen or English
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