

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: 12-18 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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