

**CHILDBIRTH CLASSES-** Provides education to pregnant women on the important aspects of prenatal care and the labor and delivery process.

**PARENTING CLASSES-** Provides education to pregnant women and new mothers about basic baby care, growth and development through baby's first year.

**MATERNITY CARE COORDINATION-** Tracking program by a nurse for prenatal patients who need help with access to medical, social, educational or other services in the community.

**WIC PROGRAM-** A supplemental food program for women, infants and children. You may be eligible if you are pregnant, breastfeeding, or have a child under 5 years of age. Call for an appointment.

**NUTRITION COUNSELING-** A Registered Dietitian is available for diet/nutrition counseling for all ages. Some high risk medical conditions may require a doctor's order. Call for an appointment.

**BREASTFEEDING SUPPORT PROJECT-** Classes, books, video tapes, breast pumps, one-on-one instruction and support are provided for women who would like to, or are currently, breastfeeding.

**NEWBORN POSTPARTUM HOME VISITATION-** Home visits are made to new mothers 2-3 weeks from delivery. Includes physical assessment of mother and baby. Provides information and referral to needed services.

**ADULT HEALTH-** Clinic services for women and men 21 years and older for complete physical. Call for an appointment.

**CHILD SERVICE COORDINATION-** A tracking program for infants and children showing evidence of or at risk, for developmental, social, or medical problems.

**EARLY INTERVENTION-** A program for children birth to three years of age who qualify for the Infant Toddler Program. Learning activities and instructions for parents are provided in the home. Goals are written according to evaluation results and parent request.

**CHILD HEALTH-** Referral services for uninsured children birth through 21 years of age to Swain Medical Center or Sylva Pediatrics for routine checkups only. Authorizations for appointments are made by Swain County Health Department Staff.

**IMMUNIZATION TRACKING AND SERVICES-** Provides services for the purpose of tracking children birth through 2 years of age. It will insure compliance of required immunization schedule and required childhood immunizations at designated intervals of life. Also provides adolescent and adult immunizations upon request or as recommended.

**CAR SEAT SAFETY-** The Department has on staff two Certified Child Passenger Safety Technicians and one trained Advocate who teach parents about proper installation for compliance with the N.C. Child Restraint and Seat Belt laws. Appointments are scheduled on an individual basis.

**SCHOOL HEALTH-** Provides screening and health-related education services to schools for immunizations, vision, scoliosis and any other health topics.

**SMART START-BIRTH THROUGH FIVE YEARS OLD-** Program provides nursing services, immunizations, dental, MTI vision screenings, etc., and education programs for children, teachers and parents in daycares. Welcome Baby packages distributed during home visits to Swain County expectant mothers. Fluoride Varnish applications to children 1 - 5 years old.

**HEALTH CHECK OUTREACH PROJECT-** Follows Medicaid eligible children who are due or past due for physicals. Provides assistance with scheduling doctors appointments and refers to other agencies as needed.

**CHILDREN'S SPECIAL HEALTH SERVICES (Referral Service)-** This program provides comprehensive treatment services for persons under the age of 21 with specific conditions. Must be Medicaid eligible. Covers some services that Medicaid does not.

**FAMILY PLANNING-** Physical examinations, counseling, choice of birth control methods and lab tests are provided. Fee based on family size and income. Must call for an appointment.

**STD CLINIC SERVICES-** Testing for a variety of sexually transmitted diseases are available through the clinic. Education counseling and future preventative measures are included. Treatment for certain STD's is provided at no charge.

**HEALTH PROMOTION PROGRAM-** Services are provided to promote healthy lifestyles. Individual counseling and wellness programs are available.

**BREAST & CERVICAL CANCER CONTROL PROGRAM-** Clinic held each month. Women age 50 and older. Physical examination and referral for mammogram. Eligibility based on income.

**GENERAL CLINIC-** Provides Blood Pressures, Blood Sugars, Weight, Immunizations per patient request. Other lab work drawn per doctor's orders. No appointment necessary.

**CANCER CONTROL PROGRAM (CCP)-** (Referral Services) Provides diagnostic and treatment services for persons who are suspected of having or are diagnosed with cancer. Eligibility based on income.

**COMMUNICABLE DISEASE-** TB, AIDS, Hepatitis testing and other Communicable Diseases, provides counseling and assistance in accessing medical and support services.

**EYE SERVICES-** Financial screening for eyeglasses every Wednesday at 1:00 p.m. Call for appointment. Sponsored by NC Commission of the Blind.

**CAP/DA (COMMUNITY ALTERNATIVES PROGRAM FOR DISABLED ADULTS)-** Program provides services to elderly and disabled adult residents facing Nursing Facility Care, enabling them to remain safely and independently at home as long as possible. Includes basic household tasks, meal preparation, personal care, must be Medicaid eligible. For more information, call 488-3792.

**ENVIRONMENTAL HEALTH-** Promotes and protects public health through routine inspection of restaurants, motels, schools, swimming pools, day cares, etc., proper design and inspection of sewage disposal systems.

**For more information call**

**488-3198**

**or**

**488-3792**

**Swain County  
Health Department**

**P.O. Box 546**

**Bryson City, N.C. 28713**

**Open**

**Monday-Friday**

**7:45am - 4:45pm**

**Revised: 3/2005**

# Swain County Health Department

**"Striving to create a better  
future for our  
communities, through  
Health Promotion,  
Prevention and  
Education."**

