



Your Public Health Nurse

How your public health nurse can help you

What is a Public Health Nurse?

A public health nurse is a registered nurse with special training in community health. Your public health nurse will visit you in your home while you are pregnant and after your baby is born. The nurse teaches you about pregnancy, labor, and how to take care of your new baby. If needed, the nurse can also help to connect you with other services in your community.

During Your Pregnancy

Your nurse will help you to:

- Learn how you and your baby can have the healthiest pregnancy possible (nutrition, self-care, healthy habits).
- Learn about body changes, sex during pregnancy, labor and birth, breastfeeding, your child's early brain development, getting ready to be a parent, and baby care.
- Access other medical services, dental care, nutrition resources, transportation for clinic visits, and other services if needed.

After Your Baby is Born

Your nurse will:

- Visit you soon after coming home from the hospital to make sure you and your baby are healthy.
- Answer questions about taking care of your newborn baby.
- Teach you about breastfeeding, sore nipples, and pumping.
- Support you to have success breastfeeding your baby.
- Help you get what you need for you and your baby.
- Tell you about immunizations (shots) and well baby care.

Your Baby's Growth and Development

Your nurse will teach you about:

- Early brain development.
- Normal stages of growth and behavior for babies.
- Ways to play with your baby and help your baby to learn.
- How to guide and nurture your child and set limits.
- Groups to help you learn more about being a parent and to meet other new parents.
- How to make your home safe for your child.

Emotional, Sexual, and Reproductive Health

Your nurse will provide information, support, and referral about:

- Emotional health, stress, and substance abuse.
- Ways to prevent child abuse.
- Sexual or physical abuse.
- Sudden Infant Death Syndrome (SIDS).
- Family planning, sexuality, and birth control supplies.
- HIV/AIDS and sexually transmitted diseases (STDs).

Special Health Care Needs

Your nurse will provide information, support, and referral about:

- Colds, fevers, and rashes.
- Measles, chicken pox, tuberculosis (TB), and hepatitis.
- Services for families affected by HIV/AIDS.

Public Health Clinics

Alder Square Public Health

1404 S. Central Ave., Suites 101 & 112
Kent, WA 98302
206-296-4500

Auburn Public Health

20 Auburn Ave.
Auburn, WA 98002
206-296-8400

UWMC contracts with the Public Health Department to give these services to our clients in Seattle/King County and Snohomish County.

Contact the center nearest you to talk with a Public Health Nurse or to learn about other services.

Interpreters are available.

Questions?

Call 206-598-4070

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Clinic staff are also available to help at any time.

**Maternity and Infant
Center Clinic:
206-598-4070**

Columbia Public Health

4400 37th Ave. S.
Seattle, WA 98118
206-296-4650

Downtown Public Health

2124 4th Ave.
Seattle, WA 98121
206-296-4755

Eastgate Public Health

14350 S.E. Eastgate Way
Bellevue, WA 98007
206-296-4920 or 1-800-244-4512

Federal Way Public Health

33431 13th Place S.
Federal Way, WA 98003
206-296-8410 or 253-838-4557

Kent Teen Clinic

613 West Gowe St.
Kent, WA 98032
206-296-7450

North Public Health

10501 Meridian Ave N.
Seattle, WA 98133
206-296-4765

Northshore Public Health

10808 N.E. 145th St.
Bothell, WA 98011
206-296-9787

Renton Public Health

3001 N.E. 4th St.
Renton, WA 98056
206-296-4700

Springwood Public Health

27360 129th Place S.E.
Kent, WA 98031
253-630-5653

White Center Public Health

10821 8th Ave. S.W.
Seattle, WA 98146
206-296-4646

UNIVERSITY OF WASHINGTON
MEDICAL CENTER
UW Medicine

Maternity and Infant Center Clinic

Box 356159
1959 N.E. Pacific St. Seattle, WA 98195
206-598-4070