



# THE CMDP NEWS

## Whooping Cough – What All Caregivers and Parents Need to Know

Gail Hock, MS, RN  
The Arizona Partnership for Immunization (TAPI)

### What is whooping cough?

Whooping cough, or pertussis, is a serious illness. It starts like a cold with a cough and then the cough can become very severe and last for six or more weeks. Whooping cough is caused by a germ that passes from person to person through the air. Whooping cough is very dangerous for babies. Babies with whooping cough have trouble breathing and may have to go to the hospital. Sadly, some babies with whooping cough die.

### How do babies catch whooping cough?

Babies usually catch whooping cough from their family members or caregivers. Adults and older children with whooping cough may not be very sick and, without knowing it, pass the illness to babies they are taking care of. Young babies get shots (DTaP) to fight whooping cough at 2 months, 4 months and 6 months old. Babies need all their shots on time to be protected. It is important to know that babies can catch whooping cough at home from people who care for them before the baby is old enough for shots or before the young baby has gotten all three DTaP shots that protect against whooping cough.

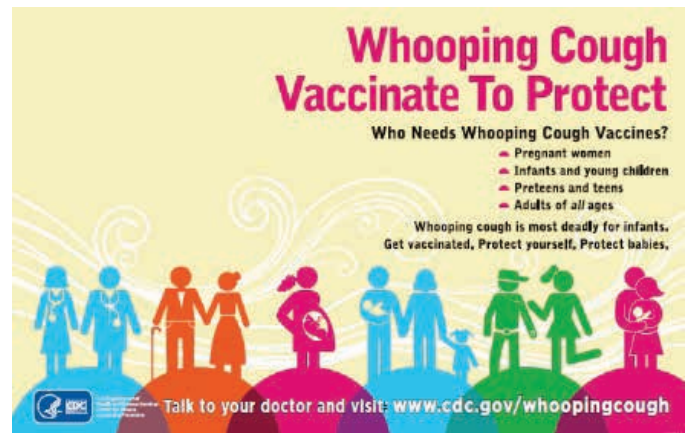
### How can whooping cough be prevented in young babies?

Young babies can be protected from whooping cough by making sure that all family members who care for the baby have gotten their whooping cough shot (Tdap)! When a mom is pregnant she should get a Tdap shot during every pregnancy. A pregnant mom who gets a Tdap gives her unborn baby some protection against whooping cough before the baby is born. All adults and teens living with or taking care of the baby need to be sure to have one Tdap shot. All

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children in the family need to be up to date with their DTaP or Tdap shots too. We can protect our babies from whooping cough by making sure that everyone around them has had their whooping cough shots (DTaP or Tdap)!



### How do I get a whooping cough shot?

Ask your doctor or nurse about the whooping cough shot that is the right one for you. Pharmacists are also able to provide whooping cough shots. Don't wait - be sure you are protected against whooping cough. Keep babies safe from whooping cough – get your Tdap shot!

Resource: Centers for Disease Control and Prevention (February, 2015), *Help protect babies from whooping cough*.

<http://www.cdc.gov/Features/Pertussis/index.html>

## What is EPSDT and What Does it Cover?

Dr. Susan Stephens, CMDP Medical Director

EPSDT stands for Early and Periodic Screening, Diagnostic and Treatment. An EPSDT visit is the same thing as a well-child visit. It is a federally mandated Medicaid well-child program that is available for all children and adolescents from birth until their 21st birthday. In Arizona, all Medicaid is administered through the Arizona Health Care Cost Containment System (AHCCCS). The Comprehensive Medical & Dental Program (CMDP) is the AHCCCS health plan that is responsible for ensuring, in partnership with foster care providers, the provision of appropriate and quality health care services for the well-being of Arizona's children in care.

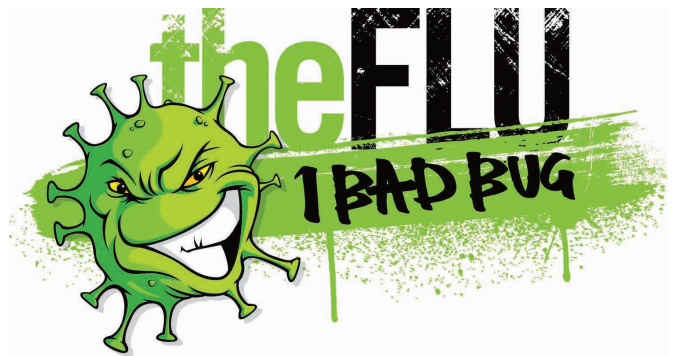
The EPSDT program provides all medically necessary health care for the infant, child, and adolescent in care. These services include: a complete health history and physical exam, growth, development and nutrition checks, immunizations, blood and urine tests, vision and hearing testing, behavioral health screening, dental care, and the follow-up and referral of any medically-necessary healthcare services, such as eyeglasses and hearing aids, when appropriate.

The EPSDT program is probably the most comprehensive well-child service package offered under any healthcare insurance. It is important to make sure that all children in care receive the appropriate well-care visits. The required EPSDT visits for CMDP follow those intervals set by the American Academy of Pediatrics (AAP).

There are 10 visits required in the first 24 months of life.

- § Two (2) to Four (4) days
- § One (1) month
- § Two (2) months
- § Four (4) months
- § Six (6) months
- § Nine (9) months
- § Twelve (12) months
- § Fifteen (15) months
- § Eighteen (18) months
- § Twenty-Four (24) months

After the age of 2, children and youth require an annual EPSDT until their 21st birthday.



## Actions to Fight the Flu

1. Take time to get the flu shot each year

Everyone 6 month of age and older should get the flu vaccine as soon as the current season's flu shot are available.

Children younger than 6 months are at high risk of serious flu illness, but are too young to receive the flu shot. People who care for these babies should be vaccinated instead.

2. To help stop the spread of the flu, wash your hands frequently and remind others, such as children to do the same. Sneeze or cough into a tissue and throw it in the trash immediately or cough and sneeze in the inside of your elbow.
3. Everyday preventive actions can help slow the spread of germs that can cause many different illnesses and may offer some protection against the flu.

CDC: Saving Lives, Protecting People 2014-2015

If you have any questions for the CM Nurses, email and ask:

[CMDPNurses@azdes.gov](mailto:CMDPNurses@azdes.gov)



## Age One Dental Visit

Dr. Jerry Caniglia, CMDP Dental Consultant

It is not uncommon for infants and toddlers to get cavities. To prevent cavities from starting in young children, it is important to see the dentist at an early age.

The first teeth come into the mouth around 6 months of age and most children have all their baby teeth at two years. Since several of the teeth are present in the mouth by 12 months, this is the best time to visit the dentist.

At the age one first dental visit, the dentist checks for tooth decay and other things that maybe harmful to the teeth. If the dentist finds cavities at this early age, the necessary treatment can be completed. It is important for children to receive treatment since tooth decay moves quickly to destroy teeth and can lead to pain and infection.

At the first dental visit, the caregiver will be shown how to brush and care for the child's teeth. A teeth cleaning and

placing fluoride gel or varnish on the teeth may occur as well. These treatment services fight dental decay and help protect the teeth and gums.

Seeing the dentist early is a good start in having a healthy mouth. The dentist will talk about teething, proper feeding and healthy foods. Information will include how sugary liquids, snacks, juices and soda can damage the baby teeth. Infant and toddler habits that may be harmful to the teeth and ways to avoid tooth injury will also be discussed.

CMDP covers infant and toddler dental checkups, cleaning and fluoride treatments every 6 months. It is not necessary to have a dental referral from the member's medical doctor.

**Children with healthy teeth can chew food easily, better able to speak clearly and feel good about their smile! EPSDT means the same thing as a well-child visit.**



**It is important to go to all of your appointments.**

## What Else Does Early Periodic Screening Diagnostic and Treatment (EPSDT) Cover?

EPSDT *includes*, but is not limited to coverage of medically necessary:

- Hospital Services- both inpatient and outpatient
- X-rays
- Doctor and Nurse Practitioner office visits
- Medicine
- Therapy
- Medical Supplies
- Prosthetic devices
- Transportation
- Family Planning Services

EPSDT does *not* include coverage for services that are:

- experimental
- only for cosmetic purposes (To make you look better)
- not cost effective when compared to other treatment

## Smoking and Pregnancy

Smoking while pregnant is risky for your baby's health. It can cause many birth defects. A new article found that smoking can cause heart defects, arm and leg deformities and cleft palate. Cleft palate is a condition when the baby is born with the roof of their mouth open.



If you stop smoking when you are pregnant your baby will have a lower chance of having a birth defect. It is even better if you stop smoking before you are pregnant. We have programs to help. The Arizona Health Start Program (AHSP) is a home visitation

program for women pregnant with their first baby. This program also helps the woman after her baby is born. This program can help you with many things. This includes helping you find resources to stop smoking.

The AHSP will also help if family member smokes. The AHSP staff will teach the family member about the health effects of smoking on themselves and others. They also make sure they understand the benefits of quitting. AHSP staff can help the family member with a referral to the Arizona Smokers Helpline/ASHLine. This is a free service.

ASHLine quit coaches are trained to help women, especially pregnant women. The quit coaches act like a personal trainer for quitting tobacco and helps set goals, work toward a quit date, and provide support. Just like a personal trainer, a quit coach will work with you one-on-one to keep you on track. They help you make changes to your quit plan along the way.

Anyone can call the Arizona Smokers' Helpline/ASHLine today at 1-800-55-66-222 to speak with a quit coach. When you contact them, they will have a quit coach to call you.

## Are You Pregnant or Do You Care for One of Our Pregnant Teens?

### Lead Testing and Pregnancy

Did you know that if your blood lead levels are high that the health of you and your baby is at risk? You could get high blood pressure and your baby could try to be born very early and may not survive. Also, your baby could be born much smaller than other babies and may not be as strong as he/she needs to be. Another worry is that lead in your blood can cause your baby to have learning problems as he or she grows up.

It is suggested that if you recently moved from somewhere that used lead gasoline, near a battery recycling plant, or a lead mine that you be tested. If you work with lead, use lead in cooking or pottery, or eat lead nonfood substances (soil) or live with someone who has high lead levels then you should be tested. If you have been told before that you have high lead levels, and then it is time for a recheck!

Make sure to take your prenatal vitamins and eat enough food rich in calcium, like ice cream and yogurt. Eat green leafy vegetables which are high in iron. This can help make your body not absorb so much lead. Talk with your baby doctor and ask them if you should be lead tested. It's the right thing to do for you and your baby.

### Lead Screening During Pregnancy and Lactation

(The American College of Obstetricians and Gynecologists, 2012 ( Reaffirmed 2014))



## Chlamydia Alert

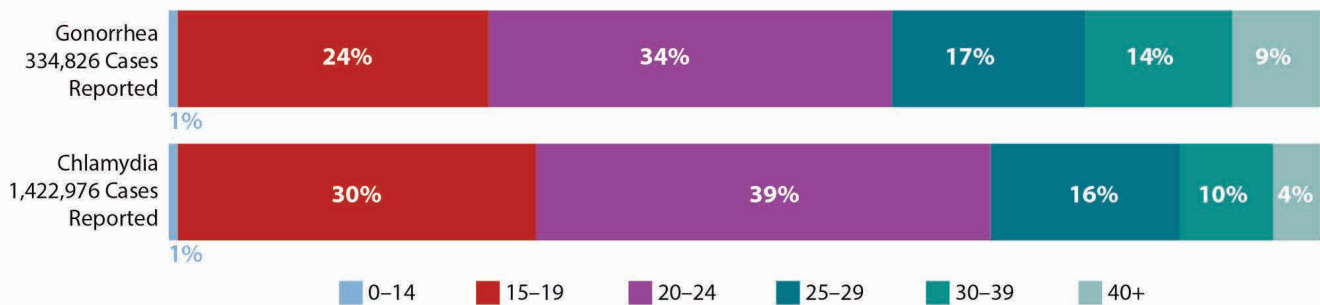
Chlamydia is a very common infection that you can get by having sex. Often you don't know you have the infection because there are sometimes no signs. Chlamydia is easy to spread to partners because you don't know you have it. In many cases, both boys and girls do not have signs. If you do have signs, they usually show within one to three weeks after having sex. Signs may include:

- Girls may have abnormal vaginal discharge and a burning sensation when urinating.
- Boys may have discharge from their penis and a burning sensation when urinating

If you're not sure, please talk with your doctor about being tested. If you have Chlamydia, your doctor can give you antibiotics. Your sex partner should also be treated. You should be tested again after taking the medicine to be sure the infection is gone. This is important if you don't know that your partner was treated. Do not have sex until you are sure that you and your partner do not have Chlamydia.

If girls are not treated, Chlamydia can cause permanent damage so that it is difficult or impossible for her to get pregnant later on.

### Most Reported Chlamydia and Gonorrhea Infections Occur among 15-24-Year-Olds



Percentages may not add to 100 because ages were unknown for a small number of cases.

Source: Centers for Disease Control and Prevention



## Top 4 Things Caregivers Need to Know about Measles

We all have been hearing a lot about measles lately and it may leave you wondering what you, as a caregiver, really need to know about this disease. CDC has put together a list of the most important facts you need to know.

### 1. Measles can be serious.

Many people still think of measles as just a little rash and fever that clears up in a few days. But, the truth is, measles can cause serious health problems, especially in children younger than 5 years of age. There is no way to tell ahead of time how sick your child will get.

- About 1 in 4 people in the United States who get measles will be hospitalized
- 1 out of every 1,000 people with measles will have brain swelling, which can lead to brain damage
- 1 or 2 out of 1,000 people with measles will die, even with the best care

### 2. Measles is easy to catch

It spreads through the air when a person with measles coughs or sneezes. It is so easy to catch that if one person has it, 9 out of 10 people around them will also catch it if they are not protected. Your child can get measles just by being in a room where a person with measles has been, even up to two hours after that person has left. A person with measles can spread it to others, even before they even know they have it, from four days before getting a rash to four days after the rash is gone.

### 3. Your child can still get measles in United States.

Measles was declared eliminated from the United States in 2000 by the Center for Disease Control (CDC). Measles was eliminated due to children and adults receiving measles vaccine. Eliminated means that measles is no longer constantly found in this country. However, measles is still common in many other countries. Every year, measles is brought into the United States by visitors who have not had measles vaccine. If your child has not had measles vaccine, and they are exposed to one of these visitors who has measles, they are at risk of getting the disease.



### 4. You have the power to protect your child against measles with a safe and effective vaccine.

The best protection against measles is measles-mumps-rubella (MMR) vaccine. MMR vaccine provides long-lasting protection against all strains of measles. Your child needs two doses of MMR vaccine for best protection:

The first dose at 12 through 15 months of age

The second dose 4 through 6 years of age

If you have any question be sure to speak with your child's doctor.

<http://www.cdc.gov/measles/about/parents-top4.html>



## REMINDER TO CAREGIVERS

Please do not pay for any medical or dental services for CMDP Members.

Use the CMDP ID Card when you see a doctor or a dentist.

If you are asked to pay for medical services, do not pay. Call CMDP at 602-351-2245/800-201-1795 if the provider has any questions.

You can get the information on the Member Handbook which is on the website. You can also check the Provider Directory. If you need a copy sent to you, please call CMDP.

## ASTHMA and your child

Asthma is a condition of the respiratory system (lungs) that causes children to cough and be short of breath. Asthma is the leading illness that causes children to miss school. Asthma “attacks” are a leading cause for children to be hospitalized.

The best way to control asthma symptoms is preventative medicine. These medicines are called inhaled corticosteroids and long-acting beta-agonists. They are inhalers that when used properly, can help a child to breath better and reduce episodes of coughing. (Your doctor can teach you how to use the inhaler) Children who are not on these medicines do not have good control of their asthma. There are inhalers that you use when you're actually having an asthma attack but they don't **prevent** the symptoms. It is very important to have a medicine to help control/prevent those attacks. Children with poor asthma control are more likely to be in the emergency room and hospital.

**It is very important that you take your children to their doctor's appointments regularly. Always have them take their medications as ordered.**

If you have any questions about asthma, please contact the CMDP Medical Services Unit.

## Behavioral Health Medication

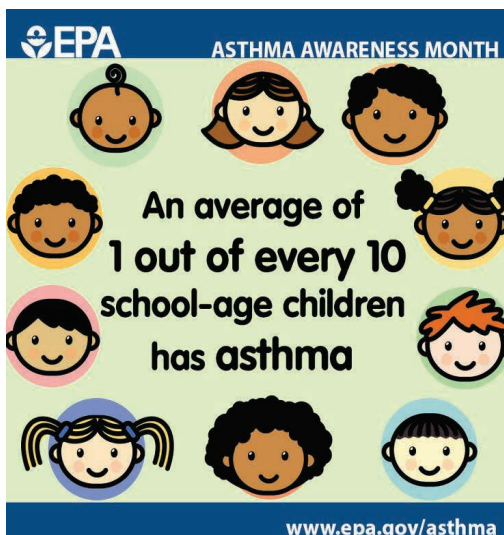


Behavioral health (BH) medications can be very helpful and can even save lives. Sometimes kids can gain weight from taking them. This can put children at risk for obesity which can lead to diabetes and high blood pressure.

When children start their BH medication and stay on it, height and weight should be measured. Also, lab tests may be needed. Children may be hungry all the time when taking the medicine. They may not feel that they are full. The following steps can help: use portion control, eat more fruits and vegetables and stay away from junk food and soda. Get active, join a sport or walk and cut down watching TV or on the computer.

If your child is on BH medication and you see some weight gain please talk with the doctor and let them know. You can also email CMDP's BH unit at: [CMDPBHC@azdes.gov](mailto:CMDPBHC@azdes.gov) or call CMDP at: 602-351-2245/800-201-1795.

Resources:  
<http://www.ncbi.nlm.nih.gov/pubmed/15086865/>



## Safe Sleep Reminders

The Arizona Child Fatality Review (CFR) Program was established in 1993 with the passing of (A.R.S. § 36-342, 36-3501-4). Data collection and case reviews began in 1994. Since 2005, the program has reviewed the death of every child who died in the state. The most current report issued by the Arizona Child Fatality Review Team found that 811 children under the age of 18 years died in Arizona in 2013.

Seventy four (74) infants died from **sleep related causes**. The majority of the infants (65) died in **unsafe sleep environments**. Thirty-four (34) of those infants died while **co-sleeping** (bed sharing with adults and/or other children). **Deaths due to suffocation** (baby can't breathe because airway is blocked) remained high, as compared with previous years. Deaths due to suffocation were determined to be the cause of death for 45 infants. The Child Fatality Review Team found that 89 percent of the Sudden Unexplained and Sleep Related Deaths were **preventable**.

What does safe sleep look like?



Safe sleep means:

- Always place the baby on their back for safe sleeping
- Use safety-approved crib, covered by a fitted sheet,
- No pillows, blankets, sheepskins, or crib bumpers,
- No soft objects, toys, and loose bedding near the baby's sleep area,
- No smoking around the baby,
- Baby should not sleep in an adult bed, on a couch, or on a chair alone or with you, and
- Nothing should cover or be near the baby's head.
- 

The substance-exposed newborn is at much greater risk of Sudden Unexplained Death and Sudden Infant Death Syndrome (SIDS). So, safe sleep is very important for this group of infants. For more information on the care of the substance-exposed newborn, please see:

<https://www.azdes.gov/InternetFiles/Pamphlets/pdf/CSO-1072A.pdf>

*Let's keep our babies safe while they sleep!*



## Community Resources

### Never Shake a Baby Arizona Education Materials and Resources

[www.nsbaz.org](http://www.nsbaz.org)

Abusive Head Trauma (AHT) in infants, including Shaken Baby Syndrome (SBS), is the most common cause of death from physical abuse among children (Reece RM, Sege R. Childhood head injuries: Accidental or inflicted? Arch Pediatr Adolesc Med). Most victims are under 1 year of age and are helpless to protect themselves.

For more information on Abusive Head Trauma as well as educational materials and resources, please contact Nicole Valdez, Never Shake a Baby Arizona Statewide Coordinator at [Nicole@nsbaz.org](mailto:Nicole@nsbaz.org).

### Women, Infant, & Children (WIC)

<http://www.azwic.gov>

1-800-252-5WIC or 1-800-252-5942

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides Federal grants to States for supplemental foods, health care referrals, and nutrition education for low-income families with infants and children up to age five who are found to be at nutritional risk.

### The Arizona Early Intervention Program (AzEIP)

<https://www.azdes.gov/AzEIP/>

AzEIP is Arizona's statewide, interagency system of supports and services for infants and toddlers with developmental delays or disabilities and their families.

AzEIP is established by **Part C of the Individuals with Disabilities Education Act** (IDEA), which provides eligible children and their families' access to services to enhance the capacity of families and caregivers to support the child's development.

### Head Start and Early Head Start

<http://www.azheadstart.org/>

Head start and Early Head Start programs help young children grow up healthy and get ready for kindergarten. Head Start is for 3-5 year old children and their caregivers, and Early Head Start is for pregnant women or new mothers and their children birth to 3 years old. Service options include: Home based or school based services.

Head Start in Arizona serves almost 22,000 children and their families at almost 500 locations throughout the state. This program is federally mandated to have a wait list but a **child in foster care and/or a child with disabilities go to the top of the list**. Help that special child you care for get "A Head Start" on success.

### Children's Rehabilitative Services (CRS)

<http://www.azahcccs.gov/Commercial/CRS.aspx>

Arizona's Children's Rehabilitative Services (CRS) is a program that provides medical treatment, rehabilitation, and related support services to AHCCCS members who have completed the CRS application and meet the eligibility criteria to be enrolled in CRS.

### Arizona's Children Association

<http://www.arizonaschildren.org/>

Offers foster care, adoption, behavioral health, prevention programs, and other child welfare services.

**CMDP CONTACT INFO**

**Comprehensive Medical & Dental Program (CMDP)**

PO Box 29202/Site Code: 942C

Phoenix, Arizona 85038-9202

**Phone:**

602-351-2245

1-800-201-1795

**Fax:**

602-264-3801

**Website:**

<http://www.azdes.gov/cmdp>

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# Pregnancy Dos & Don'ts

## Good Nutrition

DO...eat a variety of healthy foods. Choose fruits, vegetables, whole grains, calcium rich foods, and food in low saturated fat. Drink plenty of fluids, especially water. Get all the nutrients you need each day, including iron. Getting enough iron prevents you from getting anemia which is linked to preterm birth and low birth weight. Eating a variety of healthy foods will help you get the nutrients your baby needs. Wash your fruits and vegetables before eating. It is also important to take prenatal vitamins, which are covered by CMDP.

Don't eat uncooked or undercooked meats and fish. Always handle, clean, cook, eat and store foods properly

## Early Delivery

New mothers cannot wait to see their baby. Even though it is exciting, a full term birth is very important so that both you and your baby are delivered healthy. Full term is 39 to 40 weeks, from the time you first became pregnant. The baby's lungs and brain are still developing during weeks 37 and 38. The baby's body also gains fat during this time. This helps the baby keep a healthy body temperature.

If babies are born before 39 weeks they are more likely to have problems breathing and feeding, and have trouble hearing, seeing, thinking and learning. They also may be very sick right after birth. They might have to stay in the hospital a lot longer. Women who carry their baby at least 39 weeks also have less postpartum depression. You and your baby will be healthier and able to enjoy each other.

## Sexually Transmitted Infections (STIs)

DON'T...get a sexually transmitted infection (STI) while you are pregnant. STIs are infections you can get by having sexual contact with someone who already has an infection. You can't tell if a person is infected because many STIs have no symptoms. But STIs can still be passed from person to person even if there are no signs of infections. One of the most common STI is chlamydia. Screening tests can help find STIs, so they can be treated. STIs are dangerous to women, who often have more severe health problems from STIs than men. Untreated STIs can cause health problems such as cancer, pelvic inflammatory disease, and infertility. If you are pregnant and have a STI, it can cause health problems for the baby. Having an STI also can put you at greater risk of getting HIV infection. You can take steps to lower your risk of getting an STI. Talk to your doctor about abstinence and safe sex.

DO this! DON'T do that! Pregnant women are bombarded with DOs and DON'Ts. It's tough to keep it all straight. Here are some simple DOs and DON'Ts to help you stay healthy during your pregnancy.

DO...get early and regular prenatal care. Your doctor will check to make sure you and your baby are healthy at each visit. If there are any problems, early action will help you and your baby.

DO...STAY away from chemicals like insecticides, solvents, LEAD, mercury, and paint. Many of these items can be found in household cleaners and paint and not all have warnings on their labels. Additionally, DON'T clean the litter box. You could put yourself at risk for toxoplasmosis, an infection that is very harmful to the fetus.

Comprehensive Medical & Dental Program (CMDP) pays for all tests

## HIV Testing

All pregnant teens should be tested for the Human Immunodeficiency Virus (HIV) by their doctor as early as possible. A blood test is done to check for HIV. It can take a few days to get the results of the HIV test. You do not need permission from an adult for HIV testing if you are 13 and above. Permission from your legal guardian is required if you are 12 and under. Pregnant teens must be offered HIV testing at their prenatal visits with their OB/GYN doctor. Talk to your doctor about getting tested for HIV. A mother who knows early that she is HIV infected has more time to make important decisions. This includes deciding on ways to protect her health and avoid mother-to-child passing of HIV. She can also take steps to prevent passing HIV to her partner. Counseling is available for all members that test HIV positive.

## Substance Abuse

DON'T...smoke tobacco. Quitting is hard, but you can do it! Smoking during pregnancy passes nicotine and cancer-causing drugs to your baby. Smoking also keeps your baby from getting needed nourishment and raises the risk of miscarriage, preterm birth and infant death.

DON'T...drink alcohol. There is no known safe amount of alcohol a woman can drink while pregnant. Drinking alcohol during pregnancy can harm the baby.

DON'T...use street drugs. Tell your doctor if you are using drugs. Marijuana, cocaine, heroin, speed, barbiturates, LSD, and Meth are very dangerous for you and your baby.

## Postpartum Depression

Many women have the “baby blues” for a few days to a week after childbirth. The symptoms are not as severe and do not need treatment.

However, if the symptoms last longer and more severe, it is called postpartum depression. It can begin anytime the first year after childbirth. If you have postpartum depression, some of the symptoms may include thoughts of hurting the baby, hurting yourself, and not having any interest in the baby.

Postpartum depression needs to be treated by a doctor. Call your doctor if the “baby blues” don't go away after two weeks or if the symptoms get more intense. Your doctor will ask you questions to test for depression. Your doctor can also refer you to a mental health professional who specializes in treating depression.

It is important to go to all of your appointments.

### References:

U.S. Department of Health and Human Services, Office of Women's Health. (2012). Prenatal care. Washington, DC: Retrieved from [www.womenshealth.gov/publications/our-publications/fact-sheet/prenatal-care.pdf](http://www.womenshealth.gov/publications/our-publications/fact-sheet/prenatal-care.pdf)

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U.S. Department of Health and Human Services, Office of Women's Health. (2012). Depression during and after pregnancy. Washington, DC. Retrieved from [www.womenshealth.gov/publications/our-publications/fact-sheet/depression-pregnancy.pdf](http://www.womenshealth.gov/publications/our-publications/fact-sheet/depression-pregnancy.pdf)

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