

Public Health Services in Central Zone



Public Health offers services and resources that promote health and prevent the spread of disease in our communities. Our services start prenatally and continue throughout your life. Services are offered in homes, schools, communities and the Public Health Office in Dartmouth. **All services are free and interpreters are available.**

Contact Us:

 **902-481-5800**

 [www.nshealth.ca/
Public-Health](http://www.nshealth.ca/Public-Health)



Services in Schools

Fluoride Varnish Program

Fluoride is a safe, natural mineral that helps make teeth stronger and prevents cavities. Public Health offers the free Fluoride Varnish Program in some elementary schools to help prevent tooth decay in children. In the program, a Dental Hygienist puts fluoride on students' teeth. If your child is in a school with this program, their teacher will give you more information.



902-481-5800 ext. 4



www.nshealth.ca/PHOralHealth

School Immunization Program

Public Health works with schools to offer free, routine vaccines to Grade 7 students during the school year. If a student misses their vaccines, they can still catch up for free until they turn 19 by calling Public Health to book an appointment.



902-481-4956



www.nshealth.ca/school-immunization-program

Youth Health Centres

Youth Health Centres (YHC) are safe, welcoming and supportive spaces where students can access individual support through confidential conversations with the Youth Health Centre Coordinator (YHCC). The YHCC may offer mental health support, stress management and coping, and help students access other supports and services in the school, community or health system, if needed.

The YHCC also works with youth and other school leaders to support healthy school environments and create opportunities for wellness, like school clubs and events.

YHC's are located in all high schools and some junior high schools. Drop by the YHC at your school to learn more.



902-481-5800



www.nshealth.ca/health-promoting-schools

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Services in Homes and Communities

Early Years

When you connect with Early Years, a Public Health Nurse will work with your family to offer supports that will best meet your needs. This may include supporting healthy growth and development of your child, breastfeeding/infant feeding support, mental health support or connecting you with other health and community services.



902-481-4967



www.nshealth.ca/Pregnancy-Supports | www.nshealth.ca/Parenting-Supports

Childhood Immunization Clinics

Public Health offers Childhood Immunization Clinics at our office in Dartmouth once a week. We offer free, routine vaccines for children who do not have a primary care provider.



902-481-4956



www.nshealth.ca/public-health-immunization-clinics

Public Health Mobile Unit

This mobile service travels to communities to offer vaccines, testing, and healthcare navigation. They often work with organizations like the YMCA and local libraries to offer clinics in places that are familiar and close to home.



www.nshealth.ca/PHMU

Communicable Disease Prevention and Control

When an infectious disease is identified, Public Health works with individuals and partners to reduce the spread in the community, including daycares, schools and workplaces. Public Health may identify people who have been exposed, contact them to provide direction and arrange for testing and medication.



902-481-5824 (please leave a message)



www.nshealth.ca/infectious-diseases

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902-481-5800



www.nshealth.ca/Public-Health

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