

HEALTH SERVICES / SERVICOS DE SALUD

- Arrowhead Regional Medical Center..... (909) 580-1000
Asthma Referral & Education Program
Public Health (800) 782-4264 #7
Breathe Mobile (Asthma)..... (909) 213-3341
Family Health Centers - Scheduling (855) 422-8029
Coordinated Asthma Referral & Education
Public Health (800) 782-4264
Asthma home visits for children & youth 0 to 18
Colorado River Medical Center (760) 326-7100
Free Health Check-Ups and Physical Exams
for school/sports - children and youth up to 21 years
of age. *Gratis-Examen de Salud/Escolar/Deporte para
niños/adolescentes hasta 21 años de edad.*
Public Health (800) 722-3777
Inland Empire Community Clinic (909) 877-0510
Inland Family Community Health Center.. (909) 708-8158
Kids Come First Community Clinic..... (909) 984-7384
Public Health Information (800) 782-4264
Redlands Community Hospital
Family Clinics (909) 335-5799
SAC-Norton Clinic (909) 382-7100
Social Action Community Health System . (909) 382-7100
Victor Valley Global Medical Center (760) 245-8691
Whitney Young Clinic..... (909) 386-7600

NUTRITION / FOOD SERVICES

NUTRICION / SERVICIOS DE ALIMENTOS

- The Lord's Table (Victorville) (760) 241-2043
Senior Nutrition Services (800) 510-2020
Meals on Wheels - Upland (909) 981-0377
Women, Infants & Children (WIC) (909) 252-5170
WIC Desert Area & All Cities (800) 472-2321

PARENTING SUPPORT SERVICES

SERVICIOS DE APOYO PARA PADRES DE

FAMILIA

- Boys and Girls Club (San Bernardino) (909) 888-6751
Barstow..... (760) 255-2422
Catholic Charities Counseling Services.... (909) 763-4970
High Desert
St. Mary's Med. Center..... (760) 242-2311 ext. 8368
Children and Family Services (CFS)
San Bernardino..... (909) 388-1900
Barstow..... (760) 957-1540
Victorville (760) 243-6640

Community Hospital of San Bernardino

- Classes for Parents-To-Be..... (909) 887-6333 ext. 4734
Early Start Family Resource Network..... (800) 974-5553
Family Service Agency (909) 886-6737
National Runaway Hotline
Help Parents Locate Runaway Child..... (800) Runaway
(800) 786-2929

- St. Bernardine Medical Center
Childbirth Education (909) 881-4420
San Bernardino County 'Parent Project'... (909) 387-7284

SEXUALLY TRANSMITTED DISEASES ENFERMEDADES TRANSMITIDA SEXUALMENTE

- California AIDS Hotline (800) 367-2437
CDC STD & AIDS Hotline (24 hours) (800) 232-4636
San Bernardino County Public Health STD
Clinics (800) 722-4777
STD Hotline American Social Help Association
STI Resource Center (800) 227-8922

SOCIAL SERVICES / GOVERNMENT ASSISTANCE PROGRAMS

SERVICIOS SOCIALES / PROGRAMAS DE ASISTENCIA DEL GOBIERNO

- Child Care Resource Center (800) 722-1091
Child Support Services (All Cities)..... (866) 901-3212
Children's Network (909) 383-9677
Department of Aging and Adult Services.. (909) 891-3900
Children and Family Services (CFS) (909) 386-1100
*alternate number for CFS..... 1-(800) 827-8724
Workforce Development Department (WDD)
Hesperia (760) 949-8526
San Bernardino..... (909) 382-0440
Probation Department
Adult Information..... (909) 386-1810
Juvenile Information (909) 383-2700
Social Security Administration (800) 772-1213
TTY Number (800) 325-0778
Transitional Assistance Department (TAD) 1-(877) 410-8829
(CalWORKs, Medi-Cal, CalFresh, Foster Care, General
Assistance and Welfare/Cash Aid)

TAD WTW FS 77 (E/S) (11/18)



COMMUNITY RESOURCES SERVICIOS EN LA COMUNIDAD



Dial 2-1-1 or 1-888-435-7565
For more free & confidential information and resources

24-Hours a day, 7 days a week
Food / clothing / shelter / counseling / crisis services / health & dental care / elder assistance / and much more

Marque 2-1-1 o 1-888-435-7565
Para información gratuita y confidencial las 24 Horas, 7 días a la semana
Alimento / ropa / refugio / consejería / asistencia durante una crisis / salud y cuidado dental / asistencia para ancianos / y mucho mas

ALCOHOL / DRUGS / TOBACCO ALCOHOL / DROGAS / TABACO

Al Anon Support Group: Hotline (800) 356-9996
Alcohol & Drug Abuse Prevention Program (ADAPP) San Bernardino (800) 782-4264
Alcohol / Drug Abuse Treatment Services Program (Dept. of Behavioral Health) (909) 386-8256
American Lung Association (909) 884-5864
California Smoker's Helpline (800) NO-BUTTS
Treatment Solutions Network (888) 373-5725
Narcotics Anonymous (909) 622-4274
Nicotine Anonymous Support (877) 879-6422
San Bernardino Drug Court (909) 386-0523

BIRTH CONTROL / PREGNANCY TESTING AND COUNSELING CONTROL DE LA NATALIDAD / PRUEBA DE EMBARAZO Y CONSEJERIA

County Reproductive Health/STD Services (800) 722-4777
Emergency Contraception Hotline (800) 712-4357
Planned Parenthood (S.B. - Call Center) . (909) 890-5511
Pregnancy Counseling Center (818) 895-2500

CAR SEATS / ASIENTOS DE SEGURIDA

Child Passenger Safety Program (800) 782-4264
Seat Check (Inspections & Recall List) (888) 327-4236
First Five San Bernardino (909) 386-0776

COUNSELING / MENTAL HEALTH SERVICES APOYO PSICOLOGICO / SERVICIOS DE SALUD MENTAL

Access Unit (Counseling Referrals)
Department of Behavioral Health (888) 743-1478
Alta Loma Psychological Association (909) 980-3567
Barstow Counseling (760) 255-5700
Calvary Chapel - Fontana and Rialto* (909) 820-7300
High Desert* (760) 948-2812
Chino Human Services (909) 591-9822
Family Counseling (Big Bear) (909) 866-5721
Lutheran Family Services (909) 866-5070
Crestline (909) 867-7228
House of Ruth's Teen Violence (909) 623-4364
Mesa Counseling (Rialto) (909) 421-9200
Needles Center for Change (760) 326-4590
Redlands Psychological & Family Services (909) 793-8312
Samaritan Counseling Center (Upland).... (909) 985-0513
Victor Valley Community Services Council
"First Call for Help" (Referral Only) (760) 243-9646
West End Counseling (Ontario) (909) 983-2020
Vista Community Counseling (Fontana) ... (909) 347-1300

DENTAL HEALTH / SALUD DENTAL

Loma Linda School of Dentistry Clinic (909) 558-4222
SAC Clinic (Closed Fridays) (909) 383-8092
Tri-County Dental Society (951) 787-9700
Victor Valley Community Services (760) 243-9646
Whitney Young Clinic (909) 386-7600

DOMESTIC VIOLENCE / SHELTERS AND HOTLINES

VIOLENCIA DOMESTICA / REFUGIO Y LINEA DE EMERGENCIA

A Better Way (High Desert) (760) 955-8010
Adult & Elder abuse hotline (877) 565-2020
Child Abuse Hotline (800) 827-8724
Desert Manna Ministries (760) 256-7797
Desert Sanctuary / Haley House (760) 256-3441
Doves Domestic Violence Outreach (909) 866-1546
Shelter - Crisis Hotline (800) 851-7601
High Desert Domestic Violence (866) 770-7867
Outreach Services (760) 242-8877
House of Ruth (909) 988-5559
Inland County Legal Services (909) 884-8615
Legal Aid (9:00 a.m. - 12:00 noon) (909) 889-7328
Morongo Basin Unity Home (760) 366-9663
Option House (909) 381-3471
Project Sister (909) 623-1619

San Bernardino Sexual Assault Services . (909) 885-8884
Yucaipa (909) 918-2314
Hotline (RAINN) (800) 656-4673
Victor Valley Domestic Violence "A Better Way"
Shelter (760) 955-8723
Hotline (760) 955-8723
Outreach (760) 955-8010

EMERGENCY ASSISTANCE (SHELTER / FOOD) ASISTENCIA DE EMERGENCIA (COMIDA / REFUGIO)

American Red Cross (909) 888-1481
Catholic Charities (760) 245-6511
East Valley (909) 880-3625
High Desert St Mary Medical Center (760) 241-6666
West Valley (909) 481-7196
Central City Lutheran Mission (909) 381-6921
Community Action Partnership (CAP)
Homeless Coalition (Referral Only) (909) 723-1500
Foothill Family Shelter (Upland) (909) 920-5568
High Desert Homeless Services (760) 245-5991
Housing Authority (Section 8)
San Bernardino & Redlands (909) 890-9533
Ontario Area (909) 983-1318
Victorville Area (760) 243-1043
Inland Temporary Homes (San Bernardino). (909) 885-0600
Inland Valley Hope Partners
(Homeless Outreach) (909) 622-3806
Mercy House Walk-in Center (Ontario) (909) 391-2630
Operation Provider (Rim Forest) (909) 337-8585
Poison Control Center (800) 876-4766
Salvation Army (San Bernardino) (909) 888-1336
Ontario Area (909) 986-6748
Samaritan Helping Hand (High Desert) (760) 243-5933

HEALTH CARE COVERAGE FOR CHILDREN COBERTURA PARA CUIDADO DE SALUD DE LOS NIÑOS

Access for Infants and Mothers (AIM) (800) 433-2611
California Uninsured Help Line (800) 300-1506
Healthy Families / Medi-Cal (888) 747-1222
IEHP (866) 294-4347
Kaiser Permanente Cares for Kids (800) 255-5053
Molina (800) 526-8196

SERVICES



- Pediatric Care
- Well-child exams
- Sick visits
- School/sports physicals
- Immunizations

Prenatal Care
Prenatal care for pregnant women

- Primary Care**
- General medical care
 - Health screenings

- Reproductive Health Services**
- Pregnancy testing and counseling
 - Birth control and emergency contraceptives
 - Pap and breast exams
 - Parental consent not required for teens

Tuberculosis
Skin tests, x-rays, and treatment

COMMUNITY OUTREACH & INNOVATION | 909.387.6604
Healthy Communities
Partners with cities/towns to improve and advance the health of all residents



Community Vital Signs
Coordinates implementing the Wellness element of the Countywide Vision with community partners and stakeholders

Re-Entry
Collaborates with organizations working toward successful re-integration of the formerly incarcerated

COMMUNICABLE DISEASE SECTION | 800.722.4794

- Assesses outbreaks about infectious diseases like hepatitis, flu, MRSA, tuberculosis, food-related illnesses, STDs, and HIV/AIDS
- Implements infection controls in the community
- Investigates reports of communicable diseases and outbreaks



How Do I...?	Phone Number
Get a certified birth or death record*	909.381.8990
Obtain a burial permit	909.381.8990
Obtain a food handlers card	800.442.2283
Obtain a restaurant permit	800.442.2283
Access a restaurant grade	800.442.2283
Report a disease	800.722.4794
Obtain a child car seat	800.782.4264
Get tested for STDs	800.722.4777
Find a Rapid HIV test	800.722.4777
Find a public health clinic/Health Center	800.722.4777
Get immunizations	800.722.4777
Get my child tested for lead poisoning	800.722.3777
Obtain a dog license	800.472.5609
Pet adoptions information	
Big Bear Shelter	909.866.4943
Devore Shelter	909.386.9820
Report a complaint	
Abused and/or neglected animal	800.472.5609
Barking and/or biting animal	800.472.5609
Deceased and/or stray animal	800.472.5609
Food poisoning	800.442.2283
Housing code violations	800.442.2283
Insect infestation	800.442.2283
Public swimming pools	800.442.2283
Sewage drainage	800.442.2283
Unsanitary restaurants	800.442.2283
Waste dumping	800.442.2283

*NOTE: this office can only issue certified copies of birth and death certificates for the current and previous year (most recent 24 months). Any certificates prior will need to be requested from the San Bernardino County Recorder's Office at 855.732.2575.



Public Health RESOURCE GUIDE



Healthy People in Vibrant Communities

351 North Mountain View Ave., San Bernardino, CA 92415
Phone: 800.782.4264 | Fax: 909.387.5330 | TDD: 909.387.4859

www.sbcounty.gov/dph

ANIMAL CARE SERVICES

- Animal Care and Control | 800.472.5609
- Pet adoption services and animal shelter information
- Dog licenses
- Spay/neuter vouchers
- Responds to complaints of animal abuse and other related issues



Veterinary Services | 909.387.9175
Animal establishment permits

CALIFORNIA CHILDREN'S SERVICES | 909.458.1637 OR 866.722.6227

Case management, services and physical and occupational therapy for children and young adults up to age 21 with eligible medical conditions



FAMILY HEALTH SERVICES

Black Infant Health Program | 844.352.3985
Improves the health of pregnant and mothering African-American women by increasing life skills, reducing stress, and building social support



Family Health Services | 800.227.3034 or 800.722.3777

- Referrals for physical check-ups for children up to age 20 and early prenatal care for low income women
- Resources for families coping with Sudden Infant Death Syndrome (SIDS)
- Tobacco, alcohol, and drug cessation services for pregnant women
- Free home lead inspection (pre-1978) for children with a confirmed lead level $\geq 5\text{mcg/dl}$

Women, Infants, Children (WIC) | 800.472.2321 or 909.252.5170

Nutrition education and vouchers for foods such as fruits and vegetables, whole grain bread, tortillas, cereal, milk, cheese, and eggs for pregnant, postpartum, and breastfeeding women, and infants and children under age 5

ENVIRONMENTAL HEALTH SERVICES |

800.442.2283

- Food Protection
- Responds to complaints of suspected food poisoning, unsanitary conditions, and food-related hazards
- Inspects places where food is eaten, made, or sold and posts letter grade cards



- Housing/Property Improvement
- Inspects and responds to complaints of unsafe multi-family dwellings in the county

Mosquito/Vegetor Control

- Responds to complaints of mosquito breeding sources, including non-maintained residential swimming pools and standing water
- Responds to service requests for control of mosquitoes, flies, ticks, fleas, moths, Africanized honey bees, etc.

Recreational Health

- Inspects public swimming pools, water slides, spas, and lakes for possible health and safety hazards
- Responds to complaints of unhealthy and unsafe conditions

Waste Management/Local Enforcement Agency (LEA)

- Inspects and permits landfills, transfer stations, composting facilities, and refuse vehicles

Water/Wastewater and Land Use

- Inspects and permits small community and noncommunity water systems
- Inspects and permits liquid waste pumpers

HEALTH EDUCATION |

800.782.4264

Car Seat Safety

- Provides low-cost car seats for infants and children up to 6 years old and 49" tall
- Offers classes on the correct use of car seats and seat belts to prevent injury

Friday Night Live

- Fosters leadership development for youth, builds positive youth and adult partnerships, and creates healthy communities
- Establishes and supports Club Live and Friday Night Live chapters at local middle and high schools, respectively
- Special projects include alcohol/drug prevention, teen traffic safety, Safe and Sober Prom/Graduation, tobacco prevention



Working in partnership to promote and improve health, wellness, safety, and quality of life in San Bernardino County

DEPARTMENT OF PUBLIC HEALTH CLINICS

Open to serve your comprehensive health needs
Please call for schedules and appointments

800.722.4777

For more information, visit us at
www.sbcounty.gov/dph

Federally Qualified Health Centers (FQHC)

- Primary care, pediatrics, immunizations, reproductive health
- IEP and Medi-Cal are accepted

ADELANTO

Health Center

11336 Bartlett Ave, Suite 11
Adelanto, CA 92301

HESPERIA

Health Center

16453 Bear Valley Rd
Hesperia, CA 92345

ONTARIO

Health Center

150 East Holt Blvd
Ontario, CA 91761

SAN BERNARDINO

Health Center

606 East Mill St
San Bernardino, CA 92408

Dial 2-1-1 from any phone for information and referrals to thousands of additional agencies, programs and services in San Bernardino County. 211 is confidential, free and available 24 hours a day to link people with needed resources in their local community.

Public Health Clinics

- These clinics offer limited health services. FQHCs offer full-scope health care. Please call 800.722.4777 for more details.
- All public health clinics accept Medi-Cal

BARSTOW

Public Health Clinic

303 East Mountain View St
Barstow, CA 92311

BIG BEAR

Public Health Clinic

477 Summit Blvd
Big Bear Lake, CA 92315

NEEDLES

Public Health Clinic

1406 Bailey Ave, Suite D
Needles, CA 92363

HEALTH EDUCATION (continued)

HIV Prevention Program | 800.255.6560

- Provides rapid HIV testing services
- Referral to medical services and AIDS Drug Assistance Program (ADAP) enrollment for persons living with HIV/AIDS

Medical Marijuana ID Card Program |

800.782.4264

- Processes applications for Medical Marijuana Identification Cards for qualified patients and caregivers
- To make an appointment please call 800.782.4264
- 50% discount on processing fee for Medi-Cal recipients

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LOCAL ORAL HEALTH PROGRAM

909.387.6584

- Informs and educates about oral health information, programs, and policies
- Improves oral health by promoting healthy habits and prevention strategies
- Increases use of dental services through community-clinical linkages

NUTRITION PROGRAM

909.388.5650

- Focuses on preventing nutrition and activity-related chronic diseases through education and creation of supportive food and activity environments in collaboration with community partners
- Join the County Nutrition Action Partnership – meets second Tuesday of each month. Call for more details - 909.388.5650

PREPAREDNESS AND RESPONSE PROGRAM

909.252.4406

- Prepares for emergencies caused by bioterrorism, infectious disease, and other public health threats
- Coordinates with emergency responders and partner agencies to meet the public health needs of residents in response to disasters
- Provides emergency health information, health education, and links to additional public health resources

