

OUR SERVICES

- Family Planning / Birth Control
- HIV Counseling & Testing
- STD Testing & Treatment
- Pregnancy Tests
- Cancer Screening
- Adult Health Services
- Confidential Prenatal Referrals
- Immunizations
- Medicaid
- Nutrition Services
- Travel Immunizations
- WIC
- Tobacco Cessation Education

Clinic Location

Lakewood Clinic
645 Parfet Street
Lakewood, CO 80215
303-232-6301

Clinic Hours: Mon, Tues, Wed, Fri - 8 am to 5 pm
Thurs - 9 am to 6 pm

Main Switchboard: 303-232-6301

For Emergencies Call: 911

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May 2014



Jefferson County Public Health
303-232-6301

Important Information You Should Know

Clients Bill of Rights

You have the right to...

- Receive care without regard to religion, race, ethnicity, age, color, creed, national origin, disability, gender, number of pregnancies, marital status, contraceptive method or source of payment for your care.
- Confidential care and treatment.
- Be treated with consideration and respect.
- Treatment in a facility that allows for privacy and confidentiality.
- Refuse to participate in experimental research.
- Be fully informed of your medical condition and treatment plan.
- Voice grievances and recommend changes in policies and services.
- Be informed of provisions for off hour and emergency coverage.
- Confidential care and treatment of your records.
- An explanation of any fees charged for services.

We expect you to...

- Give truthful and accurate information about your health status
- Follow a treatment plan when applicable.
- Follow through with referrals you are given.
- Voice grievances or dissatisfaction to the appropriate staff.
- Give truthful and accurate information about your financial status.

Public Health . . . Every day, Everywhere, Everyone



Frequent Questions



What is HPV?

The Human Papilloma Virus is an STD that can cause abnormal, precancerous, or cancerous cells in a woman's cervix, as well as genital warts.

How can I protect myself from HPV?

Limit your number of sexual partners and use condoms, or abstain from sex. Make routine pap screening and follow up care a priority. Ask your health care provider if you are eligible for the HPV vaccine.

What is a pap?

The pap smear is a screening test for precancerous or cancerous cells in a woman's cervix.

How often do I need a pap?

Individualized based on your history. Ask your provider what is best for you.

When should I get my first pap?

At age 21.

When can I stop getting paps?

Age 65-70, after three or more normal pap tests and no abnormal paps in the last 10 years. Or if you have undergone a hysterectomy for a benign condition.

What is Emergency Contraception?

ECP (or PlanB) is an option available to reduce the risk of pregnancy for any women who has had unprotected intercourse within the last 120 hours. It is most effective when taken as soon as possible after the unprotected sex.

Who can take the ECP?

Any woman who has had unprotected sex and does not want to be pregnant. Or if you were forced to have sex, a condom broke or slipped off, you didn't use any birth control, or you did not use birth control as directed.

What if I was born between 1941 & 1971?

Ask your health care provider about risks of Diethylstilbestrol (DES) exposure.

Who can I ask for primary, sick, pediatric, dental or vision care?

Ask you health care provider for resources in your community or contact the JCPH Resource nurse at 303-239-7029. For assistance with Medicaid application process and documentation contact our Health Care Access Program at 303-232-6301.

Immunizations



Why are vaccines important?

Vaccines stop diseases that can cause serious illness and death. It is much safer to get the vaccines than to get the disease.

IMMUNIZATION RECORD	
REGISTRO DE INMUNIZACION	
NAME Nombre	_____
DATE OF BIRTH Fecha De Nacimiento	_____
ALLERGIES Alergias	_____
Your child must comply with Colorado's immunization law to be enrolled in school. Retain this document as proof of immunization.	

Please bring your Immunization Card to your appointment.

All immunizations are by appointment only at both clinic locations - call 303-232-6301



Healthy Tips

- Taking a multivitamin with folic acid every day helps heart disease and certain cancers, for example Centrum or One-a-Day.
- Calcium helps build strong bones and prevent blood clotting. Dairy products like, milk, yogurt, and cheese, provide the richest sources of calcium. Smaller amounts of calcium can be found in almonds, apricots, tofu, and broccoli. Take calcium with vitamin D, 500mg in the morning and evening.
- Iron is important to your diet. Not getting enough iron is the most common form of nutritional deficiency. The best place to find iron is in lean meats, fish, and poultry.
- The more fruits and veggies the better. Experts suggest at least 5 servings of fruits and/or vegetables a day.
- Increased physical activity burns calories and increases energy. Pick an activity that you like and try for 30 minutes of exercise every day.