



Congratulations on the birth of your new baby!

Nova Scotia Health Authority offers support from a Public Health Nurse to parents when they have a new baby. Within 3 to 5 days of being discharged from the IWK, you should expect a call from a Public Health Nurse. The Public Health Nurse will be available to provide support to you and your family, and answer any questions you may have. The Public Health Nurse will offer you support mainly over the phone and online, due to the current COVID-19 (novel coronavirus) pandemic.

If a Public Health Nurse has not called you within 5 days of your hospital discharge, or if you need to speak to a Public Health Nurse before they call you, you can call the Public Health Switchboard at 902-481-5800, extension 8, and leave a voicemail message. When you leave a message, please let us know the best phone number to call you at. A Public Health Nurse will call you back within one day.

You can also get support for health-related concerns through these services:

- **911:** For **emergency** health issues, dial 911 or go to your nearest emergency department right away.
- **811:** For **non-emergency** health questions or concerns, you can dial 811 to speak with a registered nurse 24 hours a day, 7 days a week. You can also visit their website at: 811.novascotia.ca
- **211:** Dial 211 to get help finding services and programs offered by local community groups, non-profit agencies, and government departments. The 211 service is available 24 hours a day, 7 days a week. You can also visit their website at www.ns.211.ca
- Health-related websites or social media sites:
 - Nova Scotia Health Authority's Public Health 'Pregnancy and Parenting' webpage – provides reliable resources and information for families, including the *Loving Care* parent books and infant feeding booklets:

English: www.nshealth.ca/pregnancyandparenting

French: www.nshealth.ca/pregnancyandparenting-fr

- Public Health Central Zone Healthy Beginnings Facebook page:
www.facebook.com/HBEG.PH
- Public Health Central Zone – Halifax and Windsor-West Hants Twitter account:
www.twitter.com/PublicHealthCZ
- Nova Scotia Healthy Beginnings Pinterest site:
www.pinterest.ca/healthybeginnin/
- Breastfeeding Community of Practice webpage – a volunteer network in Halifax Regional Municipality which supports breastfeeding:
www.breastfeedingcop.com/

We wish you the best of luck with your new baby!

Sincerely,

Central Zone Public Health Staff,
Nova Scotia Health Authority

Share your compliments and/or concerns with us.

Call toll-free: 1-844-884-4177

Or visit www.nshealth.ca/contact-us/patient-feedback