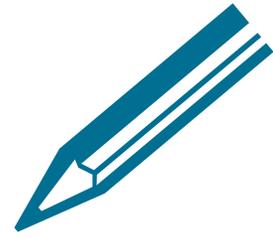


CHAPTER 11
**More
Information**



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Finding out more . . . **Telephone Numbers**



Telephone numbers are listed in a, b, c order. There are no telephone numbers listed for b, i, j, k, q, r, t, u, v, x, y, or z. For more detailed information about most programs listed, see **Word Meanings – Programs and Agencies**, starting on page 11-38.

— **a** —

Abandoned Infant Protection Hotline

1-866-505-SAFE (1-866-505-7233)

ACRIA (AIDS Community Research Initiative of America): a nonprofit community-based center that conducts AIDS research and provides HIV treatment education

212-924-3934

ACS (Administration for Children's Services): child welfare, child care, and child support services to children and families in New York City

1-877-KIDSNYC (877-543-7692)
212-341-0900 – outside New York City

ACS Field Offices

Bronx: 718-716-0300
Brooklyn: 718-623-4500
Manhattan: 212-676-7055
Queens: 718-481-5700
Staten Island: 718-720-2765

ADAP (AIDS Drug Assistance Program): medicines to treat HIV and HIV-related illnesses

1-800-542-2437
518-459-0121 (TDD) deaf/hard of hearing

ADAP Plus – medical care for people with HIV
1-800-542-2437
518-459-0121 (TDD) deaf/hard of hearing

ADAP Plus Home Care – services ordered by a doctor that are given at home for people with HIV
1-800-542-2437
518-459-0121 (TDD) deaf/hard of hearing

AIDS Clinical Trials Information Service: information about clinical trials

1-800-TRIALS-A (1-800-874257-2)

American Dietetic Association: for names of dietitians in your area

1-800-877-1600

— **C** —

Child Abuse and Maltreatment Reporting

1-800-342-3720
1-800-638-5163 (TDD) deaf/hard of hearing

Child Health Plus: health insurance program for children

1-800-698-4543

CNAP (Contact Notification Assistance Program): New York City program to help tell partners and/or spouses they have been exposed to HIV

212-693-1419

— **d** —

Domestic Violence (see New York State Domestic Violence Hotline)

Notes

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— e —

Early Intervention Program: for children under 3 years old with disabilities or developmental delays. Call for the telephone number of the **Early Intervention Program** in your county by calling:

New York State Growing Up Healthy Hotline
1-800-522-5006

New York Parent's Connection
1-800-345-KIDS (1-800-345-5437)

In New York City
1-800-577-BABY (1-800-577-2229)

— f —

Family Health Plus: health insurance program for families

1-877-934-7587

Food Safety Information Hotline: buying, preparing, cooking, and storing food

1-888-SAFEFOOD (1-888-723-3366)

— g —

Growing Up Healthy Hotline: provides information about health care, nutrition, and other health and human services throughout New York State

1-800-522-5006

— h —

HIV Care Networks: to find services in your area, such as food or groceries for persons with **HIV**, call your case manager, social worker, or caseworker or call the **HIV Care Network** in your area:

Albany Region 1-800-515-5012
Clinton, Franklin, Essex, Hamilton, Warren, Fulton, Saratoga, Washington, Montgomery, Schenectady, Rensselaer, Albany, Schoharie, Otsego, Delaware, Greene, Columbia

**Bedford-Stuyvesant/
Crown Heights Region** 718-623-3446
ZIP codes: 11212, 11213, 11216, 11221, 11225, 11233, 11238

Binghamton Tri-County Region..... 607-778-3066
Chenango, Tioga, Broome

Bronx Region 718-231-3598
Bronx

Buffalo Region..... 716-882-7840
Niagara, Orleans, Genesee, Erie, Wyoming, Chautauqua, Allegany

Central Harlem Region 212-926-8000
ZIP codes: 10026, 10027, 10030, 10031, 10039

East Harlem Region 212-828-6143
ZIP codes: 10029, 10035, 10037

East New York Region 718-485-6855
ZIP codes: 11207, 11208, 11239

Lower Hudson Region 914-428-2114
Westchester, Putnam, Rockland

Mid-Hudson Region 845-563-8058
Ulster, Dutchess, Sullivan, Orange

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Nassau-Suffolk Region 631-940-3700
Nassau, Suffolk

Queens Region 718-297-7272
Queens

Rochester Region 585-461-3520
Monroe, Wayne, Livingston, Ontario, Seneca,
Yates, Schuyler, Steuben, Chemung

Staten Island Region 718-448-8789
Staten Island

Syracuse Region 315-472-8099
St. Lawrence, Jefferson, Lewis, Herkimer, Oneida,
Oswego, Onondaga, Madison, Cayuga, Cortland,
Tompkins

**Willamsburg/Greenpoint/
Bushwick Region** 718-455-6010
ZIP codes: 11206, 11211, 11222, 11237



LifeNet: a confidential, crisis information
and referral service serving the 5 boroughs of
New York City

1-800-LIFENET (1-800-543-3638)

Local Department of Social Services (LDSS)
Albany County LDSS 518-447-7300
Allegany County LDSS 585-268-9622
Broome County LDSS 607-778-8850
Cattaraugus County LDSS 716-373-8065
Cayuga County LDSS 315-253-1011
Chautauqua County LDSS 716-753-4421
Chemung County LDSS 607-737-5309
Chenango County LDSS 607-337-1500
Clinton County LDSS 518-565-3300
Columbia County LDSS 518-828-9411
Cortland County LDSS 607-753-5248

Delaware County LDSS	607-746-2325
Dutchess County LDSS	845-486-3000
Erie County LDSS	716-858-8000
Essex County LDSS	518-873-3450
Franklin County LDSS	518-483-6770
Fulton County LDSS	518-736-5640
Genesee County LDSS	585-344-2580
Greene County LDSS	518-943-3200
Hamilton County LDSS	518-648-6131
Herkimer County LDSS	315-867-1291
Jefferson County LDSS	315-782-9030
Lewis County LDSS	315-376-5400
Livingston County LDSS	585-243-7300
Madison County LDSS	315-366-2211
Monroe County LDSS	585-274-6000
Montgomery County LDSS	518-853-4646
Nassau County LDSS	516-571-4444
Niagara County LDSS	716-439-7600
Oneida County LDSS	315-798-5733
Onondaga County LDSS	315-435-2985
Ontario County LDSS	585-396-4060
Orange County LDSS	845-291-4000
Orleans County LDSS	585-589-7004
Oswego County LDSS	315-963-5000
Otsego County LDSS	607-547-4355
Putnam County LDSS	845-225-7040
Rensselaer County LDSS	518-283-2000
Rockland County LDSS	845-364-2000
Saratoga County LDSS	518-884-4140
Schenectady County LDSS	518-388-4470
Schoharie County LDSS	518-295-8334
Schuyler County LDSS	607-535-8303
Seneca County LDSS	315-539-1800
St. Lawrence County LDSS	315-379-2111
Steuben County LDSS	607-776-7611
Suffolk County LDSS	631-854-9700
Sullivan County LDSS	845-292-0100
Tioga County LDSS	607-687-8300
Tompkins County LDSS	607-274-5337
Ulster County LDSS	845-334-5000
Warren County LDSS	518-761-6300

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Washington County LDSS	518-746-2300
Wayne County LDSS	315-946-4881
Westchester County LDSS	914-995-5000
Wyoming County LDSS	585-786-8900
Yates County LDSS	315-536-5183

— m —

MOMS (Medicaid Obstetrical and Maternal Services): complete pregnancy care and other health services to women and teens who live in New York State

1-800-522-5006

— n —

National AIDSinfo Hotline: information on treatments and clinical trials

1-800-HIV-0440 (1-800-448-0440)

1-888-480-3739 (TTY) deaf/hard of hearing

National Hopeline Network: suicide and crisis intervention

1-800-SUICIDE (1-800-784-2433)

National Sexual Assault Hotline: sexual assault crisis intervention

1-800-656-HOPE (1-800-656-4673)

National STD and AIDS Hotline

1-800-342-2437 (English)

1-800-344-7432 (Spanish)

1-800-243-7889 (TTY) deaf/hard of hearing

New York City AIDS Hotline

1-800-TALK-HIV (1-800-8255-448)

New York City 311 Citizen Service Center:
information on all non-emergency New York
City services

311
212-NEW YORK (1-212-639-9675) - outside of
New York City
212-504-4115 (TTY) deaf/hard of hearing

New York City Commission on Human Rights:
takes complaints about HIV/AIDS discrimination

212-306-7500

**New York State Division of Human Rights Office
of AIDS Discrimination Issues:** takes complaints
about HIV/AIDS discrimination

1-800-523-AIDS (1-800-523-2437)
212-480-2522 - in New York City

New York State Domestic Violence Hotline

1-800-621-HOPE (1-800-621-4673)

New York State HIV/AIDS Counseling Hotline

1-800-872-2777

New York State HIV/AIDS Hotline: information
about HIV and AIDS

1-800-541-AIDS (1-800-541-2437) - English
1-800-233-7432 - Spanish
1-800-369-2437 - TDD deaf/hard of hearing

New York State HIV Confidentiality Hotline

1-800-962-5065

Notes

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New York State HIV Confidentiality Law Hotline: general information, confidentiality issues, and referrals

1-800-962-5065

New York State Insurance Department: general information about insurance

1-800-342-3736

New York State Parent Connection Hotline: child care, foster care, and adoption information

1-800-345-KIDS (1-800-345-5437)

New York State Smokers Quitline: stop smoking information

1-888-609-6292

1-800-280-1213 (TDD) deaf/hard of hearing



OASAS (New York State Office of Alcohol and Substance Abuse Services): information on treatment programs

1-800-522-5353



PCAP (Prenatal Care Assistance Program): complete pregnancy care and other health services to women and teens who live in New York State

1-800-522-5006

PNAP (PartNer Assistance Program): statewide program to help tell partners/spouses they have been exposed to HIV

1-800-541-AIDS (1-800-541-2437)

Poison Control Hotline: questions about poison

1-800-222-1222

— **S** —

Sexual assault (see National Sexual Assault Hotline)

Suicide (see National Hopeline Network)

— **W** —

WIC Program: healthy food and nutrition counseling for pregnant women and their children up to 5 years old

1-800-522-5006

Notes

Finding out more . . . **The Internet**

The information below is from the National Cancer Institute's Web site, www.cancer.gov. Ten Things to Know about Evaluating Medical Resources on the Web is for anyone searching the Web for any kind of medical advice or treatment information.



If you do not have access to a computer, try your local library. Most libraries have Internet access that you can use free of charge, and library staff can show you what to do if you need help. (Library staff are not required to keep information confidential. If you prefer to keep your HIV information private, you do not need to tell them what information you are looking for or which Web sites you plan to view.)

Ten things to know about evaluating medical resources on the Web

The number of Web sites offering health-related resources grows every day. Many sites provide valuable information, while others may have information that is unreliable or misleading. This short guide contains important questions you should consider as you look for health information online. Answering these questions when you visit a new site will help you evaluate the information you find.

- 1. Who runs the site?** Any good health-related Web site should make it easy for you to learn who is responsible for the site and its information. On www.cancer.gov, for example, the National Cancer Institute is clearly marked on every major page.
- 2. Who pays for the site?** It costs money to run a Web site. The source of a site's funding should be clearly stated or readily apparent. For example, Web addresses ending in ".gov" mean a federal government-sponsored site. You should know how the site pays for itself. Does it sell advertising? Is it sponsored by a drug company? The source of funding can affect what content is presented, how the content is presented, and what the site owners want to accomplish on the site.
- 3. What is the purpose of the site?** This is related to who runs and pays for the site. Check the "About This Site" link, which appears on many sites. The purpose of the site should be clearly stated and should help you evaluate the trustworthiness of the information.

4. Where does the information come from? Many health/medical sites post information collected from other Web sites or sources. If the person or organization in charge of the site did not create the information, the original source should be clearly labeled.

5. What is the basis of the information? In addition to identifying who wrote the material you are reading, the site should describe the evidence that the material is based on. Medical facts and figures should have references (such as an article in a medical journal). Also, opinions or advice should be clearly set apart from information that is “evidence-based” (that is, based on research results).

6. How is the information selected? Is there an editorial board? Do people with excellent medical qualifications review the material before it is posted?

7. How current is the information? Web sites should be reviewed and updated on a regular basis. It is particularly important that medical information be current and that its most recent update or review date be clearly posted. Even if the information has not changed, you want to know that the site owners have reviewed it recently to ensure that it is still valid.

8. How does the site choose links to other sites? Web sites usually have a policy about how they establish links to other sites. Some medical sites take a conservative approach and don’t link to any other sites; some link to any site that asks, or pays, for a link; others only link to sites that have met certain criteria.

9. What information about you does the site collect, and why? Web sites routinely track the paths visitors take through their sites to determine what pages are being used. However, many health Web sites ask you to “subscribe” or “become a member.” In some cases this may be so they can collect a user fee or select information for you that is relevant to your concerns; in all cases this will give the site personal information about you.

Any credible health site asking for this kind of information should tell you exactly what they will and will not do with it. Many commercial sites sell “aggregate” data about their users to other companies – information such as what percent of their users are women with breast cancer, for example. In some cases they may collect and reuse information that is “personally identifiable,” such as your ZIP code, gender, and birth date. Be certain that you read and understand any privacy policy or similar language on the site, and don’t sign up for anything you are not sure you fully understand.

10. How does the site manage interactions with visitors? There should always be a way for you to contact the site owners with problems, feedback, and questions. If the site hosts chat rooms or other online discussion areas, it should tell visitors what the terms of using this service are. Are chats or discussions moderated? If so, by whom, and why? It is always a good idea to spend time reading the discussion without joining in, so you feel comfortable with the environment before becoming a participant.

Word Meanings . . .

Terms

This section lists terms in a, b, c order. There are no terms listed for j, q, y, and z. Each word is listed with how to say it and its meaning. In some places, words are grouped together. An example of this is **allergic, allergy, and allergies**. A word in bold, black type within a meaning is also defined in this section; in **People**, starting on page 11-34; or in **Programs and Agencies**, starting on page 11-38.

— a —

acetaminophen (as ĕt a min' ō fen) — Acetaminophen is the name of a **generic medicine** which also has brand names, such as Tylenol®. Acetaminophen can be used to lower your child's fever. It can also be used if your child has minor aches and pains, such as a headache, a toothache, or body aches. Even though you can get acetaminophen without a doctor's order, always ask the doctor if you should give it to your child. Read the label directions and make sure you give your child the correct **dose**. Never give your child an adult dose of any medicine unless your doctor says it is OK.

adoption (a dop' shun) — Adoption is the legal process that transfers the responsibilities for a child from the **birth parent** to the adoptive parents. The adoptive parent has full parental legal rights and responsibilities for the child.

AIDS (Acquired Immunodeficiency Syndrome)

(A kwīrd' ■ Im' yū nō dē fish' en sē ■ Sin' drōm) — AIDS is caused by **HIV**. Your child with HIV will be **diagnosed** with AIDS when he/she:

- has a serious illness that is caused by a weak **immune system**; or
- has a **CD4 count** that falls far below the average number based on your child's age.

Even though the health and the immune system of your child with AIDS may improve, he/she will still be diagnosed with AIDS. All countries follow this **CDC** (Centers for Disease Control and Prevention) definition of AIDS.

allergic (a ler' jik) ● **allergy** (al' er jē) ● **allergies** (al' er jēz) — If your child has an allergy, it means his/her body is very sensitive to something. Children, just like adults, can have allergies to many things including dust, pollen, mold, nuts, fish, milk, eggs, wheat, bee stings, etc.

When your child comes in contact with something he/she is allergic to, your child will have a reaction. Your child's reaction may be mild like getting a runny nose, itchy eyes, or a skin rash. Some children have reactions that can be very serious and need medical help fast. Serious reactions include not being able to breathe, heart stops beating or does not beat normally, vomiting and/or severe swelling.

anal sex (ā' nal ■ seks) — Anal sex is when a penis is put into the rectum (butt) of the sex partner. Anal sex has the highest risk for sex partners to get an **STD**.

anemia (a nē' mē a) ● **anemic** (a nē' mik) — When your child's body does not make enough **red blood cells**, he/she has anemia. Anemia can be caused by the **HIV** medicines, by an illness that lowered the number of red blood cells in your child's body, or by not getting enough vitamins and minerals. When your child has anemia, he/she may look pale or feel weak or tired. Anemia is very treatable.

antibody (an' tē bod ē) ● **antibodies** (an' tē bod ēz) — When **bacteria** or other germs enter your child's body, his/her **immune system** makes antibodies to fight them. Most of the time, antibodies can fight off bacteria or other germs so your child will not be sick. Sometimes your child will get sick, but antibodies will help him/her get better.

anti-depressant medicines (an' tī dē pres' ant ■ med' i sins) — Antidepressant medicines are used to treat **depression**. These medicines must be ordered by a doctor. Read the label directions and make sure you give your child the correct **dose**.

antiretroviral medicine (an tī' ret rō' vī ral ■ med' i sin) — Medicines that stop or slow **HIV** from making copies of itself are called antiretroviral medicines. "Anti" means against and "retro viral" means the **virus**. Antiretroviral medicines can lower the amount of HIV in your child's blood. For the medicines to do their best, it is very important that your child takes all of his/her antiretroviral medicines correctly and on time. If antiretroviral medicines are not taken as ordered by the doctor, the medicines may stop working and HIV will have a chance to grow stronger.

asthma (az' ma) — If your child has asthma, he/she will have problems breathing. The airways or tubes that carry air into your child's lungs puff up or swell so it is hard for the air to get through. This makes it very hard for your child to breathe. Things like **allergies**, smoke, or exercise can start an asthma attack. It is important that your child see the doctor about his/her asthma. Your child may also have special medicine to make it easier for him/her to breathe.

— b —

bacteria (bak tēr' ē a) — Bacteria are germs. Some kinds of bacteria can make your child sick. Some of the illnesses your child can get from bacteria include strep throat, ear infections, and **pneumonia**.

bronchitis (brong kī' tis) — If your child has bronchitis, he/she may have a cough, pain in his/her chest, and be short of breath. Bronchitis swells or puffs up the large airways going into your child's lungs.

— c —

calamine lotion (kal' a mīn ■ lō' shun) — Calamine lotion is usually a pink liquid you put on your child's skin to sooth minor irritations. Your doctor may suggest putting calamine lotion on your child's skin if he/she has itchy insect bites, or an itchy rash from things like poison ivy.

calcium (kal sē um) — Calcium is a mineral that gives your child strong bones and teeth. Calcium is in many foods, like milk, cheese, pudding, yogurt, salmon, sardines, shrimp, broccoli, carrots, greens, beans and nuts. Calcium may also be added to other foods, such as juices and cereals.

capacity to consent (ka pas´ i tē ■ to ■ kon´ sent) — Capacity to consent, as it relates to an **HIV** test, is based on a person's ability to understand how HIV is passed from person to person, what the test shows and what it means to be **HIV positive** or **HIV negative**. Any person, regardless of his/her age, can **consent** to an HIV test if the health care provider feels he/she has the capacity to consent. This means that even someone younger than 18 years old can consent to an HIV test.

CD4 cell (CD4 ■ sel) — The CD4 cell is one type of white blood cell in your child's body. CD4 cells may also be called helper cells or T4 cells. The CD4 cells are part of your child's **immune system** that fight bacteria and other germs that get inside your child's body.

CD4 count (CD4 ■ kownt) — A blood test is done to see how many **CD4 cells** your child has. Your child's CD4 count helps the doctor see if your child's **immune system** is healthy.

chicken pox (chik´ en ■ poks) — Chicken pox is a **virus** that gives a person a **fever** and an itchy rash that forms blisters. The blisters can spread over the person's body.

Chicken pox is passed from person to person through the air when the person with chicken pox coughs or sneezes. Someone can also get chicken pox by touching the blisters or the blistering rash from someone who has **shingles**. A person can pass chicken pox to others 1–2 days before he/she gets a rash until the time when all of his/her blisters have scabs. When a person is **exposed** to chicken pox, it takes 10–21 days before he/she gets the chicken pox rash.

Chicken pox can make a child with **HIV** very sick. It is important:

- for your child to get an **immunization** for chicken pox, if the doctor recommends it.
- for you to call the doctor as soon as you know your child has been exposed to someone with the chicken pox or shingles. The doctor may give your child medicine to make the chicken pox **symptoms** more mild.

👉 **WARNING:** If your child has the chicken pox, never give your child aspirin to lower his/her fever. Talk to the doctor about what you can do to lower the fever and make your child feel less itchy.

clinical trials (klin´ i kl ■ trī´ als) — Clinical trials are research studies on new medicines. The **FDA** (Food and Drug Administration) requires that clinical trials be done to make sure new medicines work and are safe before they are sold. To join a clinical trial, your child must fit the study requirements. An HIV clinical study may require that your child has a certain **viral load**, **CD4 count**, or medicine history. Even if your child joins in a clinical trial, it can be stopped at any time if you think the medicine is not helping your child. A foster parent cannot **consent** to his/her foster child joining a clinical trial.

colic (kol' ik) — A baby with colic is uncomfortable and will cry a lot more than a baby without colic. Most often, a baby will get colic when he/she is between 2 and 6 weeks old. Colic almost always goes away by the time the baby is 6 months old. Doctors are not sure what causes colic. But they know that a baby does not get colic from the way he/she is handled or treated.

If your baby has colic, talk to the doctor about ways to sooth your baby. The doctor may suggest placing a warm water bottle (not hot) on your baby's stomach; gently rubbing your baby's stomach; rocking your baby in a rocker or cradle; or giving your baby a warm bath.

complete blood count (kom' plēt ■ blud ■ kownt) — Often called a CBC, a complete blood count tells the doctor how many **red blood cells**, **white blood cells**, and **platelets** are in your child's blood. This test tells the doctor about your child's general health.

confidential (kon' fi den' shel) — Confidential means keeping information private. For example, by law in New York State, all health care providers, social services providers, and anyone else who gets HIV information from a special written HIV release must keep your child's **HIV diagnosis** confidential unless given written permission to share that information with others, or unless otherwise authorized by law. Other people, like family, friends, and neighbors are not bound by law to keep confidential information private.

consent (kon sent') — Consent means to give your OK or approval. As a parent, you consent to the health care of your child. However, a foster parent cannot consent to the health care of his/her child in foster care.

constipation (kon sti pā' shun) — Constipation is when a person has infrequent bowel movements (poop). Your child may have infrequent bowel movements that are hard and dry. Serving your child more fiber (found in fruits and vegetables), and drinking more water or juice may help. If constipation continues, call your child's doctor.

CT scans or **computerized tomography** (kom pū' ter izd ■ tō mog' ra fē) — Sometimes called a CAT scan, a CT scan takes a picture of the inside of your child's body to help the doctor find a problem. Taken like an **X-ray**, CT scans are 100 times more clear and show much more detail than an X-ray.

custody (kus' ta dē) — Granted by the court, custody is the physical and legal responsibility for a child and the authority to act in place of the parent. Examples of physical responsibility are food, shelter, and necessary transportation.

— d —

dehydrated (dē hī' drāt ed) — More than half of a person's body weight is water. When more water leaves a person's body than goes in, the person becomes dehydrated. Water goes in your child's body from the food and liquid he/she eats and drinks. Water goes out of your child's body when he/she sweats from a **fever**, exercises, urinates (pees), vomits (throws up), or has **diarrhea**.

Some signs of mild dehydration include having a dry mouth, few or no tears when crying, more than 4–6 hours without a wet diaper for an infant, and 4–6 hours without peeing for a child. Some signs of severe dehydration include having a very dry or sticky mouth, being less alert, muscle cramps, more than 6–8 hours without a wet diaper for an infant, and more than 8–10 hours without peeing for a child.

Infants can become dehydrated much more quickly than older children and teens. Severe dehydration can be very serious for your child.

depressed (dē prest´) ● **depression** (dē presh´ un) — Depression is a mental health condition that must be **diagnosed** by a doctor or **mental health professional**. Your child may be depressed, if for an extended period of time, you see that he/she:

- feels sad, hopeless, lonely, or angry.
- loses interest in friends, school, or social activities.
- has changed his/her eating or sleeping patterns.

It is very important to talk with your child's doctor about what you are seeing in your child's behavior.

diabetes (dī a bē´ tēz) — Diabetes is a disease that affects how a person's body makes or uses insulin. Insulin is a substance our bodies make to change sugar, starches, and other food into energy. If your child has diabetes, he/she will need to have a well-balanced diet and be monitored closely by you and the doctor. Children with diabetes often need to take insulin to control their diabetes.

diagnosed (dī ag nōst´) ● **diagnosis** (dī ag nō´ sis) — If your child is having a physical or mental health problem, the doctor or **mental health professional** will give your child an exam and talk to you about the signs and **symptoms** you are seeing. Based on information the doctor or mental health professional gets from you, your child's exam and any other test results, he/she will diagnose your child's problem and recommend what to do to help your child.

diarrhea (dī a rē´ a) — When someone has a loose, watery bowel movement (poop), it is called diarrhea. Sometimes people call diarrhea the runs. Children can get diarrhea from an illness like the flu or from something they ate or drank. Your child may also get diarrhea from starting a new medicine.

👉 **WARNING:** *Over-the-counter medicines for diarrhea are not recommended for children and can be very dangerous if your child is younger than 2 years old.*

disclosure (dis klō´ sher) — Disclosure is giving someone information, such as telling someone that your child has **HIV** by word of mouth, in writing, or electronically.

discriminate (dis krim´ i nāt) ● **discriminated** (dis krim´ i nā ted) — Discriminate means to act differently toward someone or something. For example, someone may discriminate or treat your child differently because he/she has **HIV**.

dose (dōs) — The amount of medicine you give your child within a certain time is called a dose. Sometimes, medicine comes in a form where the dose is already measured,

like a pill, tablet or capsule. Sometimes, medicine comes in liquid or powder form where you have to measure a dose. Make sure to measure the medicine carefully. If you need to give your child a tablespoon or a teaspoon of medicine, do not measure the medicine with a spoon used for eating. Use measuring spoons that are used for cooking or get a measuring spoon or measuring cup from the **pharmacist**. If you have to cut a pill or tablet in half, ask your pharmacist for a pill cutter.

The length of time between giving your child each dose of medicine is very important. Medicine directions may say to give it every 2 hours, every 4 hours or every 6 hours. Sometimes, the directions may say to give the medicine twice a day. This means that the medicine should be given 12 hours apart, like at 8:00 in the morning and again at 8:00 in the evening.

The directions will also say if the medicine dose should be taken with food or if the medicine dose should be taken on an **empty stomach**.

Always read the medicine directions carefully. If you do not understand the directions, ask your pharmacist to explain them. Be very careful to read the directions if you buy **over-the-counter medicine** that has dose information for both children and adults.

 **WARNING:**

Never give a child 2 years or younger an over-the-counter medicine unless the doctor says it is OK.

Never give a child an adult dose of medicine unless the doctor says it is OK.

Never give your child a dose of medicine that was ordered by a doctor for someone else.

drug interaction (drug ■ in' ter ak' shun) — A drug interaction can make your child very sick. A drug interaction is a change in the way a medicine works when it is given with another medicine, liquid, or food. A drug interaction can happen between 2 doctor-ordered medicines, between a doctor-ordered medicine and an **over-the-counter medicine**, between a doctor-ordered medicine and an **herbal therapy**, or between a doctor-ordered medicine or over-the-counter medicine and food. Your **pharmacist** should be able to keep track of your child's medicines to make sure a drug interaction does not happen. To track all your child's medicines, it is important to get all of your child's medicines from the same pharmacist. Also make sure the pharmacist knows the vitamins, minerals, and herbal therapies your child is taking.



empty stomach (emp' tē ■ stum' uk) — You may see the words "empty stomach" in the directions that tell how to give your child a medicine. If your child has to take a medicine on an empty stomach, it means the medicine should be given 1 hour before a meal or 2 hours after a meal.

exposed (x pōzd') — If your child is exposed to a disease or illness, he/she may become sick. For some illnesses, your child may get sick just by being around the person who is ill. Examples of illnesses spread through the air include the flu, a cold, or **chicken pox**.

For some illnesses, your child must get a person's infected body fluid inside his/her body. Examples of this include **STDs** and **hepatitis**.

— f —

fat free milk (fat ■ frē ■ milk) — Fat free milk, sometimes called **skim milk**, has no fat in it. (**Whole milk** or regular milk has 4% fat.)

Do not serve your child fat free or skim milk unless the doctor says it is OK. No matter how much fat there is, milk is a good source of **calcium** for your child.

fever (fē' ver) — Your child has a fever when the inside of his/her body gets hotter than normal. For example, if you take your child's temperature with a **thermometer** that goes in his/her mouth, the normal temperature range will be between 97.7° and 99.5°. If your child's temperature is over 99.5°, he/she has a fever. A fever most often means that your child's body is trying to fight a germ.

fluoride (flor' id) — Fluoride is a mineral that keeps your child's teeth strong and lowers the risk of your child getting cavities. Fluoride is in toothpaste and is added to the water supply in many cities. Ask your doctor or dentist if your child should also get a chewable fluoride pill.

foster care (fos' ter ■ kār) — Foster care of a child means caring for a child away from his/her home 24 hours a day in a certified foster family boarding home or a group home, agency boarding home, child care institution, or health care facility. Relatives who are approved to care for a specific child or children can also provide foster care.

freezer burned (frē' zer ■ bernd) — Food stored in the freezer becomes freezer burned when the air gets to it. This happens if the food is not wrapped in air-tight packaging before it is put in the freezer. When the air dries out the food, grayish-brown spots appear. Freezer burn *does not* make the food unsafe. However, to make the food look better, you may want to cut away the dried areas before or after cooking it.

— g —

generic medicine (je nar' ik ■ med' i sin) — A generic medicine is the less expensive form of a brand name medicine. For example, aspirin is the generic medicine for the brand name medicines Bayer® or Excedrin®.

general release of information (jen' er al ■ rē lēs' ■ of ■ in for mā' shun) — You will be asked to sign a general release of information form so your child's health and social service providers within the clinic or hospital can share information with each other to give your child the best possible care. This form also allows the health care or social service provider to get paid by sharing your child's service information with the organization that provides your health insurance coverage.

Foster parents cannot sign a general release of information form for their foster child. Contact your caseworker about this form.

guardianship/legal custody (gar' dē an ship/lē' gal ■ kus' to dē) — Guardianship is the physical and legal responsibility of a child granted by the court to a person or

authorized agency to act as a parent. Guardianship may be granted by the court when parental rights have been suspended or terminated. The **guardian** of a child has the right to make decisions concerning the child. Legal custody is granted by a court order. Legal custody gives a person, who may or may not be related to the child, the legal right and responsibility to care for the child.

GYN (gynecology) (gī ne kol' ō jē) — Gynecology is the medical care of a woman's genital tract, hormones, and reproductive organs. Most gynecologists are also obstetricians, doctors who specialize in the care of women during pregnancy and childbirth. OB/GYN care includes: physical exams; birth control, needed tests, such as STD, mammogram, ultrasound, pregnancy, etc.; and prenatal care, labor, and delivery for pregnant women.

An adolescent girl should start getting regular OB/GYN check-ups once she gets her **period** or when it is recommended by her **primary care provider, pediatrician, or HIV specialist**.

— h —

health insurance (helth ■ in sher' ans) — Health insurance covers some or all of the costs for your child's health care services. Examples of health insurance include: **ADAP, ADAP Plus, Child Health Plus, Family Health Plus**, Medicaid, or private insurance through an employer.

hepatitis (hep a tī' tis) — Hepatitis is a **virus** that affects a person's liver. (The liver helps process **nutrients** and medicines.) People with hepatitis often get flu-like **symptoms** that make them feel weak, tired, or sick to their stomach. There are 5 types of hepatitis. The most common types are Hepatitis A, **Hepatitis B**, and Hepatitis C. A blood test tells if a person has hepatitis.

Hepatitis B (hep a tī' tis ■ B) — Hepatitis B is a **virus** that attacks the liver and can cause damage, cancer, or stop the liver from working. Hepatitis B is passed from person to person through blood, semen, vaginal fluid, and saliva. Although there is no cure for Hepatitis B, there is medicine to help stop Hepatitis B from being passed from person to person. Children get an immunization (baby shot) for Hepatitis B.

herbs (herbs) ● **herbal therapies** (her' bal ■ thār' a pēz) — Herbal therapies can come in the form of pills, capsules, powders, teas, liquids, or snack bars. Herbal therapies can be found in grocery stores, drug stores, health food stores, etc. Herbal therapies are not approved for use by the **FDA** (Food and Drug Administration). No herbal therapy can cure **HIV** or **AIDS**. Herbal therapies can cause your child to have **side effects**. One side effect is that your child's HIV medicines may stop working. Always ask the doctor first if it is OK to give your child an herbal therapy.

herpes (her' pēz) — Herpes is a **virus** that has many forms. One of the most common forms of herpes is the **herpes simplex virus** that causes cold sores or fever blisters. Another form of herpes causes **chicken pox** and **shingles**.

herpes simplex virus (her' pēz ■ sim' plex ■ vī' rus) — One of the most common forms of **herpes** is the herpes simplex virus. This **virus** causes cold sores or fever blisters

on or around a person's lips. Cold sores or fever blisters can be brought on by emotional or physical stress, other infections, or a weak **immune system**.

high cholesterol (hī ■ kō les' ter ol) — Cholesterol is found in foods made from animals, such as meat, fish, eggs, butter, cheese, and milk. Although everyone needs some cholesterol for our bodies to work properly, too much cholesterol is linked with an increased risk for having a heart attack. Too much or high cholesterol can clog up our arteries making it much harder for our heart to work.

A blood test can tell if your child has high cholesterol.

HIV (Human Immunodeficiency Virus)

(Hū' man ■ Im' yū nō dē fish' ensē ■ Vī' rus) — HIV is a **virus** that attacks a person's **immune system**. Over time, HIV weakens a person's immune system so it has a hard time fighting diseases. HIV can lead to **AIDS**.

HIV is passed from person to person. This happens when a person with HIV gets blood, semen, or vaginal fluids inside another person's body. Pregnant women with HIV can pass the virus to their infants during pregnancy, delivery or through breastfeeding.

People with HIV may have it for many years and not know it. HIV is a life-long health condition. To date, there is no cure for HIV. However, medicines have helped people with HIV live longer.

HIV antibodies (HIV ■ an' tē bod ēz) — When a person gets infected with **HIV**, his/her **immune system** makes HIV antibodies to fight the virus.

HIV antibody test (HIV ■ an' tē bod ē ■ test) — An HIV antibody test looks for **HIV antibodies** and can tell if a person is infected with **HIV**.

There are 3 parts to an HIV test. They are:

- HIV pre-test counseling.
- informed **consent**.
- HIV post-test counseling.

During HIV pre-test counseling, a doctor, nurse or counselor will talk to the person about HIV and the HIV test.

If the person decides to take the HIV antibody test, he/she will sign a form stating that he/she understands what was talked about in the pre-test counseling session and that he/she wants to take the test.

During the HIV post-test counseling session, a doctor, nurse or counselor will give the person his/her HIV antibody test result. If the person does not have HIV, the doctor, nurse or counselor will talk about ways to lower the risk of getting HIV. If the person has HIV, the doctor, nurse or counselor will talk about health care and ways to protect himself/herself and others from HIV.

To get an HIV antibody test, a person has 2 options. One option is that a person can get an anonymous HIV antibody test where his/her name is not linked to the test result. The other option is that a person can get a **confidential** HIV antibody test

where his/her name is linked to the test result. With a confidential test result, the person can get health care services if he/she is **HIV positive**.

HIV Confidentiality Law (HIV ■ Kon' fi den shē al' i tē ■ Law) — The New York State HIV Confidentiality Law (Article 27-F) protects **HIV** information for all people who:

- have been **exposed** to HIV.
- have HIV.
- have been tested for HIV.
- have **AIDS**.

HIV information includes:

- verbal reports or written records of any medical tests that a person has been tested for HIV, has HIV, or has an illness caused by HIV.
- verbal reports or written records that a person has had medical treatment for HIV or for an illness caused by HIV.
- other information that shows a person has or may have HIV or an illness caused by HIV.

The law states that health and social service providers will keep HIV information private for the people they serve. Any health or social service provider who shares a person's HIV information without written permission can get a fine up to \$5,000 and one year in jail. The HIV Confidentiality Law does not apply to others, like family, friends, and neighbors who may share your child's HIV information.

HIV negative (HIV ■ neg' a tiv) — An HIV negative test result means that a person is not infected with **HIV**. However, if a person recently engaged in risk behavior (sex without a condom, sharing needles, or sharing works) and was infected with HIV, his/her **immune system** may not have made enough **HIV antibodies** for an **HIV antibody test** to detect. In this case, getting another HIV antibody test is recommended.

HIV positive (HIV ■ poz' i tiv) — An HIV positive test result means that a person is infected with HIV. A person can be **diagnosed** with **HIV** from an **HIV antibody test**, **PCR test**, or by a medical problem caused by HIV.

All newborns will have an HIV positive antibody test if their mothers have HIV. This is because newborns have their mother's antibodies. It does not mean the newborn has HIV. Another test, called a PCR test, is done. This test looks for HIV itself, rather than the antibody to HIV and can tell if an infant is infected.

HIV Reporting and Partner Notification Law

(HIV ■ Rē port' ing ■ and ■ Part' ner ■ Nō' tif i kā' shun ■ Law) — The New York State HIV Reporting and Partner Notification Law requires all doctors, hospitals, and labs to report the names of people with **HIV** or **AIDS** to the **New York State Department of Health**. To help the Health Department plan prevention programs and make sure that health care and support services are available to meet the needs of people with HIV and AIDS, the Health Department needs to know:

- how many people in New York State have HIV.
- how they got HIV.
- the areas of the State where people with HIV live.

hydrogen peroxide (hī' drō jen ■ per ok' sīd) — Hydrogen peroxide is a liquid chemical that most often comes in a dark brown bottle. Hydrogen peroxide helps kill the germs in your child's cuts and scrapes so they will not get infected.

hygiene (hī' jēn) — Hygiene is keeping clean to promote good health and to lower the risk of getting sick. An example of good hygiene is having your child wash his/her hands before eating and after using the bathroom.

— i —

ibuprofen (ī bū prō' fen) — Ibuprofen is the name of a **generic medicine** which also has brand names, such as Motrin®. Ibuprofen can be used to lower your child's fever. Ibuprofen can also be used if your child has minor aches and pains, such as a headache, toothache, or body aches. Even though you can get ibuprofen without a doctor's order, always ask the doctor if you should give ibuprofen to your child.

If the doctor says it is OK to use, follow the directions on the box or bottle. Never give your child an adult **dose** of any drug unless your doctor says it is OK.

immune system (im yūn' ■ sis' tem) — The immune system is the part of a person's body that fights infections, diseases, and illnesses. **HIV** tries to destroy a person's immune system.

immunizations (im yūn' i zā' shuns) — Immunizations are shots that help a person's **immune system** fight diseases and illnesses. A person will get immunizations throughout his/her life. However, most immunizations are given when a person is an infant or child. Examples of immunizations include **measles, chicken pox, Hepatitis B, whooping cough, mumps, meningitis, and polio**. Before your child is given an immunization, it is very important for the doctor to know your child has **HIV**.

interact (in ter akt') — Two or more things interact when the result of combining them is different than the result from each separate thing. An example of this is when your child takes a doctor-ordered medicine and an **herbal therapy**. As a result of taking both, the doctor-ordered medicine may not work at all or work too much (**overdose**).

IV (intravenous) (in tra vē' nus) — IV means in the vein (vān). Using a person's vein, is a way to get medicine, vitamins, minerals, or other fluids inside someone's body. An example of this is when a person is very sick or needs an operation, he/she will get medicine or other fluids through an IV.

— k —

kinship foster care (kin' ship ■ fos' ter ■ cār) — Kinship foster care is the placement of a child in **foster care** with a relative. The relative is someone related to the child's parent(s) or stepparent(s) through blood or marriage. These relative(s) may include the child's: siblings; grandparents; great-grandparents; great-great-grandparents; aunts, uncles, or their spouses; great-aunts, great-uncles, or their spouses; and first cousins or their spouses. The child may also be placed with an unrelated person if it allows half-siblings to stay together.

Kinship foster parents have to meet the same requirements as non-kinship foster parents.

— l —

low fat milk (lōw ■ fat ■ milk) — Low fat milk has 1% fat in it. (**Whole milk** or regular milk has 4% fat.)

Do not serve your young child low fat milk unless the doctor says it is OK. No matter how much fat there is, milk is a good source of **calcium** for your child.

low viral load (lōw ■ vī' ral ■ lōd) — The goal of **HIV** treatment is to keep the amount of HIV in a person's body low or **undetectable**. To tell how much virus is in a person's body, a blood test is done from time to time. When a person's viral load is low, his/her **immune system** is working to control HIV and he/she will generally have fewer illnesses and infections.

Remember, anyone with a low or undetectable viral load can still pass HIV to others if his/her blood, semen, vaginal fluids, or breast milk get inside another person's body.

LIP (lymphocytic interstitial pneumonitis)

(lim' fō sit ik ■ in ter stish' al ■ nū mō nī' tis) — LIP is a serious lung disease that starts with shortness of breath, wheezing, and coughing. Although the cause of LIP is not known, it is usually treated with **steroid medicines** and **antiretroviral medicines** to help control **HIV**. With treatment, LIP will greatly improve.

lipodystrophy (lip ō dis' trō fē) — Also called fat redistribution, lipodystrophy is a change in the way a person's body stores fat. Usually a person loses fat in his/her face, arms, and legs while gaining or storing fat in his/her stomach and at the back of the neck.

— m —

MAC (Mycobacterium avium complex)

(Mī' cō bak ter' ē um ■ āv ē um ■ kom' pleks) — MAC is a disease that affects one or more parts of the body in people with **HIV** who have very low **CD4 counts**. MAC is caused by a germ found in soil and dust. **Symptoms** include: night sweats, weight loss, **fever**, fatigue, and **diarrhea**. New therapies are available for the prevention and treatment of MAC.

measles (mē' zlz) — Measles is a virus. The first **symptoms** include: irritability; runny nose; eyes that are red and sensitive to light; hacking cough; and a **fever**. At the peak of fever, a red blotchy rash usually starts on the forehead and then spreads over the face, neck, and body.

Measles are passed from person to person in the fluid from the nose or mouth and in airborne droplets when someone with measles coughs or sneezes. A person can pass measles to others 5 days after exposure to 5 days after the rash appears. Once a person is **exposed** to measles, it takes about 9–11 days before the first symptoms appear.

Measles can make a child with **HIV** very sick. It is important:

- for your child to get an **immunization** for measles, if the doctor recommends it.
- for you to call the doctor as soon as you know your child has been exposed to someone with measles. The doctor may be able to give your child medicine to make the symptoms more mild.

 **WARNING:** If your child has the measles, never give your child aspirin to lower his/her fever. Talk to the doctor about what you can do to lower the fever and make your child more comfortable.

meningitis (men in jī ´ tis) — Meningitis is an infection in the fluid or tissue around the brain or spinal cord. Meningitis can be caused by another infection in a person's body, a severe head injury, or from another person with meningitis.

Symptoms can look like the flu, but it is very important to get medical care right away if your child has any of the following symptoms: high **fever**; severe headache; stiff neck; vomiting; confusion; seizures; or drowsiness.

Newborns and infants may not have the same symptoms as older children and adults. Instead, they may cry a lot, seem unusually sleepy or fussy, and may not want to eat. The soft spot on the baby's head may stick out and his/her temperature may be lower than normal.

minor (mī ´ nor) — A minor is anyone younger than 18 years old.

monthly periods (month ´ ly ■ pār ´ ē ods) — Monthly periods or menstruation (men ´ strū ā shun) usually begin around age 12 for girls. Once a girl gets her first period, she can have a baby if she has sex. In the beginning, a girl may skip periods from time to time and it can take as long as 2 years for her periods to come regularly. A period usually lasts from 5–7 days. In addition to bleeding, girls may also get headaches, cramps, mood swings, breast tenderness, or bloating just before or during a period.

Before your daughter gets her first period, it is very important to talk to her about what will happen, how her body will feel, and how to use pads or tampons correctly.

MRI (magnetic resonance imaging) (mag net ´ ik ■ rez ´ ō nans ■ im ´ aj ing) — An MRI uses magnetism and radio waves to take very detailed pictures of the inside of a person's body. An MRI is very helpful in diagnosing diseases within the head, spinal cord, kidneys, urinary tract, pancreas and liver. Although painless, MRI pictures are taken while a person is inside a machine that looks like big tube. Being in this confined area can cause some people to become anxious. There are also open MRIs that are less confining. If your child has to have an MRI, ask if your child can have an open MRI and say that you want to stay with your child during the procedure.

mumps (mumpz) — Mumps is a disease caused by a **virus**. **Symptoms** most common for mumps include swelling of the salivary (sal ´ i vār ē) glands found between the ear and jaw and **fever**.

Mumps virus is passed from person to person by direct contact with saliva or through the air when the person with mumps coughs or sneezes. A person can pass

mumps to others about 3 days before symptoms start to about 4 days after symptoms appear. When a person is **exposed** to mumps it can take 12–25 days before he/she gets symptoms.

Mumps can make a child with **HIV** very sick. It is important:

- for your child to get an **immunization** for mumps, if the doctor recommends it.
- for you to call the doctor as soon as you know your child has been exposed to someone with mumps. The doctor may be able to give your child medicine to make the mumps symptoms more mild.

👉 **WARNING:** If your child has the mumps, never give your child aspirin to lower his/her fever. Talk to the doctor about what you can do to lower the fever and make your child more comfortable.

— n —

nutrients (nū' trē ents) — Nutrients are the vitamins and minerals found in the food we eat and the liquids we drink. Our bodies need nutrients to work properly. Eating a variety of healthy foods each day is important for your child to grow and stay well.

— o —

oral sex (ōr' al ■ seks) — Oral sex is the contact between someone's mouth and the genitals (penis or vagina) or anus (butt) of his/her sex partner.

overdose (ō' ver dōs) — An overdose means your child gets too much medicine. An overdose can happen when your child:

- gets too much medicine at one time. (This can happen by taking more than the doctor-ordered **dose**.)
- gets another dose of medicine too soon. (This can happen when doses are not spaced evenly apart. Twice a day means every 12 hours, 3 times a day means every 8 hours, etc.).
- takes a medicine that **interacts** with another medicine, **herbal therapy**, or **over-the-counter medicine**.

over-the-counter medicine (ō' ver ■ the ■ kown' ter ■ med' i sin) — An over-the-counter medicine is any medicine you can get without a doctor's order. Examples include aspirin, cold medicine, cough medicine, herbal therapies, etc. You can buy over-the-counter medicine at pharmacy or drug stores, grocery stores, and department stores that have a medicine section.

— p —

pasteurized (pas' tūr īzd) — Liquids, such as milk, fruit juice, vegetable juice, etc. are pasteurized. This means the liquids are heated to kill the germs and make them safe to drink. Most milk and juices are pasteurized. If they are not, they should have an **unpasteurized** warning on the label.

Never give your child unpasteurized milk or juice. Be very careful buying juices, such as apple cider, at roadside stands or cider mills. They may not be pasteurized.

PCP (Pneumocystis carinii pneumonia)

(nū mō sis' tis ■ ka rē' nē ■ nū mō' nē a) — PCP is an infection that affects the lungs. Symptoms include a **fever**, dry hacking cough and difficulty breathing. If not treated, PCP can be deadly for people with weak **immune systems**. PCP can be prevented and treated with medication.

PCR (polymerase chain reaction) (pol im' er ās ■ chān ■ rē ak' shun) — An HIV PCR test is a very sensitive test that looks for **HIV** or the amount of HIV (**viral load**) in a person's blood or tissue.

An infant born to a mother with HIV will have 3 or 4 PCR tests to see if the infant is infected with HIV.

period (pēr' ē od) — Monthly periods or menstruation (men strū ā' shun) usually begin around age 12 for girls. Once a girl gets her first period, she can have a baby if she has sex. In the beginning, a girl may skip periods from time to time and it can take as long as 2 years for her periods to come regularly. A period usually lasts from 5–7 days. In addition to bleeding, girls may also get headaches, cramps, mood swings, breast tenderness, or bloating just before or during a period.

Before your daughter gets her first period, it is very important to talk to her about what will happen, how her body will feel, and how to use pads or tampons correctly.

permanency plan (per' man en sē ■ plan) — The **Local Department of Social Services** (LDSS) is responsible for planning for the future of each child in foster care. The plan describes a set of activities that will promote: (1) a safe and stable environment and lasting set of relationships, and (2) a home that is intended to last forever.

PET (positron emission tomography) (poz' i tron ■ ē mish' un ■ tō mog' ra fē) — A PET scan uses a computer to show a very detailed image of substances in body tissue.

petroleum jelly (pe trō' lē um ■ jelē) — Petroleum jelly is a yellowish gooey cream that can help heal chapped skin. Petroleum jelly is good to have on hand in your medicine cabinet.

platelets (plāt' lets) — Platelets are found in the blood. They help bleeding stop when a person gets a cut or scrape.

pneumonia (nū mō' nē a) — Pneumonia is an infection in the lungs caused by a **virus** or **bacteria**. A person with pneumonia may have a **fever**, a cough and have a hard time breathing. A doctor-ordered medicine is needed to treat pneumonia.

polio (pō' lē ō) — Polio is a **virus** that occurs only in humans. Polio is most often spread by taking in fecal microorganisms (found in poop) through the mouth. Polio was a very serious disease in the past, but with the development of vaccines, it no longer exists in the United States.

Infants get 3 **doses** of a non-active polio virus vaccine and a booster vaccine before they enter school. These vaccines do not cause polio even if your child has a weak immune system.

puberty (pū´ber tē) — Puberty is the stage of development when children become young adults. During this time, many body changes occur. Body hair, hormones, sex organ development, and the ability to have babies is all part of puberty. Although the onset of puberty can vary from child to child, the pattern is generally the same. Girls usually start developing between the ages of 8 and 13. Boys usually start developing between the ages of 11 and 14.

— R —

red blood cell (red ■ blud ■ sel) — Red blood cells help the body work by carrying oxygen to all the cells.

reduced fat milk (rē´dūst ■ fat ■ milk) — Reduced fat milk has 2% fat in it. (**Whole milk** or regular milk has 4% fat.)

Do not serve your young child reduced fat milk unless the doctor says it is OK. No matter how much fat there is, milk is a good source of **calcium** for your child.

resistance (rē zis´ tans) ● **resistant** (rē zis´ tant) — Resistance means that the **HIV** in a person’s body has changed so the medicines taken to control the **virus** no longer work. Sometimes when HIV is resistant to one medicine, it may also be resistant to others. This means that HIV will grow stronger, the person’s **immune system** will get weaker, and he/she may get more illnesses.

It is very important for your child to take all of his/her HIV medicines as ordered by the doctor.

respite (res´ pit) — Respite is taking a break from day-to-day activities. Usually, respite means taking a break from caregiver responsibilities. Sometimes respite is needed for a short period of time to do things like run household errands, go to the doctor, or go out to lunch. Sometimes respite is needed for a longer period of time to do things like get your health back on track, take a vacation, or move your family to another location. Family members, friends or agency programs may be able to help give you a break from your caregiver responsibilities.

— S —

safer sex (sāf´er ■ seks) — The safest way to avoid getting pregnant and avoid getting infected with an **STDs** is abstinence (not having sex). Safer sex is any method used to lower the risk of:

- getting pregnant.
- getting an STD.
- passing an STD to others.

Safer sex usually refers to using condoms.

sepsis (sep' sis) — Sepsis is a serious infection in a person's blood or tissues.

shingles (shing' glz) — Shingles is caused by the **virus** that causes **chicken pox**. When a person has the chicken pox, the virus can stay in his/her body and come out again, as shingles years later. Shingles is more common for people over 50 years old who have had chicken pox.

Shingles can cause numbness, itching, or severe pain followed by an itchy rash that forms blisters on one side of the body.

If your child has not had chicken pox, he/she can get chicken pox from touching the blistering rash of someone with shingles.

Shingles can make your child very, very sick. It is important:

- for your child to get an **immunization** for chicken pox if the doctor recommends it.
- for you to call the doctor as soon as you know your child has been **exposed** to someone who has the chicken pox or shingles.

Even with an immunization for chicken pox, your child may still get sick. That is why it is so important to call the doctor if your child is exposed to chicken pox or shingles. The doctor may give your child a shot to make the **symptoms** more mild.

 **WARNING:** Never give your child aspirin to lower his/her fever. Talk to the doctor about what you can do to lower the fever and make your child feel less itchy.

side effect (sīd ■ i fekt') ● **side effects** (sīd ■ i fekts') — A side effect usually refers to the unwanted **symptoms** linked with taking medicine or getting some form of therapy. Examples of side effects linked with taking medicines may include diarrhea, upset stomach, headache, joint pain, tired, dizzy, etc.

Always ask the doctor, nurse, or **pharmacist** about the common side effects of a new medicine before your child starts taking it so you will know what to expect.

sinusitis (sī nu sī' tis) — Sinusitis is swelling or infection in the sinus. Sinusitis is most common in the nasal passages. **Symptoms** may include: **fever**; pressure and pain behind the upper cheek bones, above the eye area and/or above the forehead; yellowish or greenish discharge from the nose; sore throat; and difficulty breathing through the nose.

skim milk (skim ■ milk) — Skim milk, sometimes called **fat free milk**, has no fat in it. (**Whole milk** or regular milk has 4% fat.)

Do not serve your young child skim milk or fat free milk unless the doctor says it is OK. No matter how much fat there is, milk is a good source of **calcium** for your child.

standby guardianship (stand' bī ■ gar' dē an ship) — A standby guardianship is the legal process in which the court approves a future guardian for a parent's children. While the parent is still able to care for his/her children, he/she chooses someone as a future guardian for the children. The standby guardian will get **custody** of the children when:

- the parent is too sick to care of his/her children.

- the parent dies.
- the parent decides that the standby guardian should get custody of the children before he/she is too sick or dies.

STD (sexual transmitted disease) (sek´shu al ■ trans mit´ ed ■ diz ēz´) — An STD is an infection that is passed from person to person during sex that involves direct contact with infected body fluids such as semen, blood, feces (poop), urine (pee) and saliva. Examples of STDs include **HIV**, gonorrhea, **herpes**, syphilis, chlamydia, **Hepatitis B**, etc.

A person with an STD may or may not have **symptoms**. If symptoms appear, they may include: sores or blisters on sex organs; discharge from the vagina or penis; difficulty urinating (peeing); itching or redness on or around sex organs, etc.

STDs can be very serious, especially for people with HIV. Medical treatment is needed for STDs. Condom use during sex will lower the risk of getting an STD or passing an STD to others.

strains (strāns) — A strain of **HIV** is a form of the **virus** that is different in some way. To understand this concept, it may be best to think of a family; children may have common features with their parents like nose, eyes, or hair, but they are not the same as their parents.

HIV may change when your child’s HIV medicines are not taken as ordered by the doctor.

symptoms (simp´ toms) — Symptoms are changes in a person’s body when he/she is not feeling well. Symptoms may include **fever**, headache, upset stomach, runny nose, watery eyes, trouble breathing, etc.

It is important to tell the doctor what symptoms your child is having, when the symptoms started, and what has been done to stop or reduce the symptoms.

— t —

TB (tuberculosis) (tū ber kū lō sis) — TB is a disease caused by a germ. It usually infects a person’s lungs, but can affect other parts of the body. TB is passed from person to person through the air when a person with TB sneezes or coughs. **Symptoms** include **fever**, night sweats, and a cough that does not get better with **over-the-counter** cough medicine. A skin test or a chest **X-ray** will tell if a person has TB.

TB can be cured with medicine. However, if your child has TB, it is important that he/she takes all the medicine ordered by the doctor.

tetanus (tet´ nus) — Tetanus is an infection caused by a germ in the soil that affects a person’s muscles and nerves. Although there are very few cases, tetanus can be a very serious disease. Most tetanus cases happen when a person gets a cut or puncture wound. It takes about 7 days for **symptoms** to start. **Symptoms** include tightening of the muscles in the jaw (lockjaw), difficulty swallowing, and neck, shoulder, back, abdomen, upper arm, and thigh pain. Tetanus is prevented through a childhood **immunization**. Tetanus boosters are recommended every 10 years thereafter.

Make sure the doctor knows your child has **HIV** before any immunization or booster is given.

thermometer (ther mom' e ter) — A thermometer is an instrument that shows a person's body temperature. There are many different kinds of thermometers and some are better than others at giving a true temperature reading.

Based on the kind of thermometer, it may be placed:

- in your child's mouth.
- in your child's rectum (bottom).
- in your child's ear.
- on your child's forehead.
- under your child's armpit.

Ask the doctor or nurse for the best method of taking your child's temperature.

thrush (thrush) — Thrush is a yeast infection. It is most commonly seen as white patches in the mouth or throat.

— u —

ultrasound (ul' tra sownd) — An ultrasound is a test that uses sound waves to create a picture of the inside of the body. Although ultrasound tests can be done on many parts of the body, it may be best known as a test to see a fetus (baby) in a pregnant woman.

unauthorized disclosure (un aw' ther izd ■ dis klō' sher) — Unauthorized disclosure is when **confidential** information is given to someone without permission or legal authority. An example of an unauthorized disclosure would be if a health care provider told someone your child has **HIV** without getting your permission first.

undetectable viral load (un dē tekt' a bul ■ vī' ral ■ lōd) — The goal of **HIV** treatment is to keep the amount of HIV in a person's body as low as possible. To tell how much virus is in a person's body, a blood test is done from time to time. Once HIV is very low, the blood test may not find or detect HIV. Having an undetectable viral load means a person's **immune system** is working to control HIV and he/she will generally have fewer illnesses and infections.

Remember, anyone with a low or undetectable viral load can still pass HIV to others if his/her blood, semen, vaginal fluids, or breast milk get inside another person's body.

unpasteurized (un pas' ter izd) — Unpasteurized means that liquids, such as milk, fruit juice, vegetable juice, etc. have not been heated to kill the germs that make them safe to drink. If liquids have not been **pasteurized**, most will have an unpasteurized warning label on them. Most milk and juices are pasteurized.

Never give your child unpasteurized milk or juice. Be very careful buying juices, such as apple cider, at roadside stands or cider mills. They may not be pasteurized.

— V —

vaginal sex (vag' in al ■ seks) — Vaginal sex is when a penis is put into the vagina of a sex partner. A woman can become pregnant or get an **STD** during vaginal sex.

viral load (vī' rl ■ lōd) — The amount of **virus** in a person's blood is called the viral load. A blood test is done to see how much **HIV** is in a person's blood. Your child's viral load tells the doctor if your child needs to take HIV medicine. If your child is taking HIV medicine, his/her viral load will tell the doctor if the medicine is working.

virus (vī' rus) — A virus is the smallest and simplest form of life. In order to live, a virus must get inside something living, like a person. **HIV** is a virus that must get inside a **CD4 cell**. When inside, it makes copies of itself, destroys the CD4 cell, and the new HIV copies go to invade other CD4 cells to start the process again.

— W —

wet dreams (wet ■ drēms) — Wet dreams, sometimes called nocturnal emissions, are a normal part of development for boys. Wet dreams start during **puberty** as a boy's body makes more hormones. While sleeping, a boy's penis discharges semen. Once a boy's body makes sperm, he can get a girl (female) pregnant during **vaginal sex**.

white blood cell (wīt ■ blud ■ sel) — White blood cells are the part of the **immune system** that fight infections, diseases and illnesses.

whole milk (hōl ■ milk) — Whole milk or regular milk has 4% fat in it. Milk is a good source of **calcium** for your child.

whooping cough (hoop' ing ■ kawf) — Whooping cough, also called pertussis, is an infection of the respiratory system (lungs, throat, nose, and mouth). The first **symptoms** are very much like having a cold with a runny nose, dry cough, and fever. After 1 or 2 weeks, coughing can become severe. The name, whooping cough, comes from the sound a child can make when gasping for air after a coughing spell. Severe coughing spellings can also cause a child to turn blue or throw up. Infants may stop breathing for a few seconds. It can take many weeks for a child to feel better.

Whooping cough is passed from person to person through the air when a person with whooping cough sneezes or coughs. Once a child is **exposed** to whooping cough, it may take 7–21 days for the first symptoms to appear.

Whooping cough can make a child with **HIV** very sick. It is important for you to call the doctor as soon as you think your child has been exposed to someone with whooping cough. The doctor will give your child medicine that may prevent him/her from getting whooping cough.

— X —

X-ray (x - rā) — An X-ray is a black and white picture that shows the inside of a person's body. An X-ray is taken by an X-ray machine. An X-ray can show something large, like a person's chest, or small, like a person's tooth.

Word meanings . . .

People

This section lists occupations or jobs in a, b, c order. There are no people listed for e, j, k, q, r, t, u, v, w, x, y, and z. Each person's job tells how to say it and describes what the person does. A word in bold, black type within a meaning is also listed in this section; in **Terms** starting on page 11-14; or in **Programs and Agencies**, starting on page 11-38.

— a —

audiologist (aw dē ol' ō jist) — An audiologist is a person who is trained to test someone's hearing.

— b —

behavior therapist (bē hāv' yer ■ thar' a pist) — A behavior therapist is a person who specializes in mental health and behavior management.

The behavior therapist will work with your child, you, and your family to help your child change his/her behavior. The behavior therapist may also work with your child's teacher(s).

birth parent (berth ■ par' ent) — Birth parents are the mother and father who have had a child born to them. The birth parents are a child's biological parents.

— c —

case manager (kās ■ man' ij er) — A case manager helps coordinate services to meet your child's health and social service needs. This may include coordinating visits with doctors, nurses, the **dentist**, the **mental health professional**, etc. The case manager will also help get needed services for your child, such as transportation to doctor and clinic visits and make referrals to programs in the community for you, your child, and the rest of your family.

caseworker (kās' werk er) — A caseworker is part of the foster care team and is the primary contact for a foster parent and birth parent. The caseworker works with the child's caregiver(s) so that the child receives the best possible care for optimum growth and development. Communication between the caseworker and the foster parent(s) is essential so that the child receives necessary and appropriate services and supports. The caseworker is responsible for assessing the care of the child and for keeping the agency informed about the child's situation.

child life specialist (chīld ■ lif ■ spesh' a list) — A child life specialist is a person who is trained to help children with serious or life-long health conditions. The child life

specialist helps children cope with the stress of doctor and clinic visits and works with the family to help them support their child's emotional needs.

— d —

dentist (den' tist) — A dentist is a doctor who takes care of people's teeth and gums.

dietitian (dī e tish' un) — A dietitian is a professional who has gone to school and received a degree in food and nutrition or dietetics. Dietitians and **nutritionists** providing nutritional services are certified by New York State.

A dietitian can help you plan healthy meals and snacks for your child and can help if your child has problems eating.

— f —

family doctor (fam' i lē ■ dok' tor) — A family doctor or **primary care provider** is a medical doctor that does check-ups, treats common illnesses, works with clients to prevent illnesses, writes orders for medicine, and orders tests. When many different health care providers are caring for a child, the family doctor sometimes coordinates care done by the health care team.

— g —

guardian (gar' dē an) — A guardian is a person who has been approved by a court and is legally responsible for the day-to-day care of a child. A guardian of a child has the right to make decisions concerning that child.

gynecologist (gī ne kol' o jist) — A gynecologist is a doctor who specializes in the medical care of women's sex organs, hormones, and reproductive organs. Your gynecologist may also be an obstetrician (ob ste trish' un), a doctor who specializes in the medical care of women during pregnancy and childbirth. The doctor may be called an OB/GYN.

— h —

HIV Specialist (HIV ■ spesh' a list) — An HIV specialist is a doctor who has training and experience working with people who have **HIV** and **AIDS**. Some HIV specialists are also **pediatricians**. Your child's HIV specialist may also be his/her **primary care provider**, **pediatrician**, **immunologist**, or **infectious disease doctor**.

— i —

immunologist (im yū nol' ō gist) — An immunologist is a doctor who specializes in treating **allergies** and other **immune system** disorders.

infectious disease doctor (in fek' shus ■ di zēz' ■ dok' ter) — An infectious disease doctor specializes in treating diseases that may be spread from person to person, such as measles or hepatitis.

— l —

local commissioner of social services

(lō' kal ■ ka mish' on er ■ of ■ sō' shal ■ ser' vis ez) — Children in foster care are in the care and **custody** or the custody and **guardianship** of the local commissioner of social services. The local commissioner of social services or his/her designee is responsible for consenting to services needed by children in foster care when the **birth parents** are not available.

— m —

mental health professional (men' tal ■ helth ■ prō fesh' on al) — A mental health professional is a person who has been trained to help people work on emotional issues and behaviors. A mental health professional may be a **psychologist**, **psychiatrist**, **social worker**, or **behavior therapist**.

Some mental health professionals specialize in working with children. He/she will work with your child, you, your family, and other professionals to help improve your child's mental health.

minor (mī' ner) — A minor is anyone younger than 18 years of age.

— n —

nurse practitioner (ners ■ prak tish' un er) — A nurse practitioner is a registered nurse (RN) who has also been trained in a specialty area such as caring for infants, children, and teens.

Pediatric and family practice nurse practitioners do check-ups, treat common childhood illnesses, write orders for medicine, order medical tests, work with your child and you, and work with your child's health care team. The nurse practitioner works closely with your child's doctor to provide high quality care.

nutritionist (nū trish' un ist) — A nutritionist is a professional who has been educated about food and nutrition or dietetics. Nutritionists and **dietitians** who provide nutritional services are certified by New York State.

— o —

ophthalmologist (op thal mol' ō jist) — An ophthalmologist is a medical doctor who specializes in examining people's eyes and helping those with eye problems. An ophthalmologist orders special tests and medicines, and does eye surgery, if needed.

optometrist (op tom' e trist) — An optometrist is a trained professional who examines people's eyes and tests their vision. An optometrist can help people see better with eye glasses or contact lenses.

— P —

pediatrician (pē' dē a trish' an) — A pediatrician is a medical doctor who specializes in caring for infants, children, and adolescents.

pharmacist (far' ma sist) — A pharmacist is a professional who has been trained and certified to prepare and give medicines ordered by a doctor, **nurse practitioner**, **psychiatrist**, **dentist**, etc.

A pharmacist can answer questions about your child's medicines and recommend **over-the-counter medicine** for your child, if needed.

primary care provider (prī' mār ē ■ kār ■ prō vī der) — A primary care provider does general check-ups, gives **immunizations**, treats common illnesses, writes orders for medicines, orders tests and provides guidance on health and development. Your child's primary care provider may be a **pediatrician**, family doctor, or **nurse practitioner**. The primary care provider may coordinate care done by your child's health care team.

psychiatrist (sī kī' a trist) — A psychiatrist is a medical doctor who has advanced training and experience diagnosing and treating mental health disorders. A psychiatrist is a **mental health professional** who can order medicine. Some psychiatrists specialize in working with children, adolescents, and their families.

psychologist (sī kol' ō gist) — A psychologist is a therapist who has a doctorate degree that includes advanced training in diagnosing and treating mental health disorders. Some psychologists specialize in working with children, adolescents, and their families.

— S —

social worker (sō' shal ■ werk' er) — A social worker is a professional who assesses needs and provides support, education, and counseling. A social worker also identifies needed community services and helps coordinate those services.

The social worker works with your child, you, and your family.

standby guardian (stand bī' ■ gar' dē an) — A standby guardian is a person who has been chosen by a parent and approved by the court to be the future guardian for the children. The standby guardian will get **custody** of the children when:

- the parent is too sick to care for his/her children.
- the parent dies.
- the parent decides that the standby guardian should get custody of the children before he/she is too sick or dies.

Word meanings . . .

Programs and Agencies

This section lists programs and agencies in a, b, c order. There are no programs or agencies listed for b, g, i, j, k, l, o, q, r, s, t, u, v, x, y, and z. Each program or agency listed tells what it does and who it serves. Words in bold, black type within a meaning are also listed in this section; **Terms**, starting on page 11-14; and in **People**, starting on page 11-34.

To get more information about any of the programs or agencies listed below, talk to your child's doctor, nurse, social worker, case manager, or caseworker. Or, you can call a program or agency by looking up the telephone number listed in **More Information: Telephone Numbers**.

— a —

ADAP (AIDS Drug Assistance Program) — ADAP is part of the New York State Department of Health AIDS Institute HIV Uninsured Care Programs. ADAP pays for medicines to treat **HIV** and HIV-related illnesses for people with HIV who:

- have limited insurance.
- have no insurance.
- do not qualify for **Medicaid**.

ADAP Plus — ADAP Plus is part of the New York State Department of Health AIDS Institute HIV Uninsured Care Programs. ADAP Plus pays for medical evaluation and ongoing treatment at enrolled clinics, hospitals, laboratories, and private doctors' offices for people with **HIV** who:

- have limited insurance.
- have no insurance.
- do not qualify for **Medicaid**.

ADAP Plus Home Care — ADAP Plus Home Care is part of the New York State Department of Health AIDS Institute HIV Uninsured Care Programs. ADAP Plus Home Care covers services ordered by a doctor that are given at home. These services include home health aide services, nursing care services, **IV** medicines (medicine given through the vein), and medical equipment for people with **HIV** who:

- have limited insurance.
- have no insurance.
- do not qualify for Medicaid.

Administration for Children's Services (ACS) — The Administration for Children's Services is a New York City agency. It is devoted solely to serving children and their families to promote the safety, permanency, and well-being of all the children of New York City.

Administration for Children's Services Preventive Service Division — The Administration for Children's Services Preventive Service Division is designed to help children remain safe in the home and to prevent children from entering foster care. Preventive services can include family or individual counseling, parenting classes, substance abuse treatment, domestic violence intervention, home care, support for pregnant and parenting teens, and other services.

AIDS Clinical Trials Group (ACTG) — The ACTG is a nationwide network of clinical trials sites funded by the United States government to conduct HIV/AIDS clinical trials. The ACTG is part of the National Institutes of Health (NIH).

AIDS Institute — The AIDS Institute is part of the New York State Department of Health. It promotes, protects, and advocates for health through science, HIV prevention and assurance of access to a coordinated system of quality care and support services for persons with HIV/AIDS. The AIDS Institute takes a national leadership role in HIV prevention and care initiatives.

American College of Allergy, Asthma and Immunology (ACAAI) — The American College of Allergy, Asthma and Immunology is an organization of allergists-immunologists and related health care professionals dedicated to quality patient care through research, advocacy, and professional and public education.

American Dietetic Association (ADA) — The American Dietetic Association (ADA) is the nation's largest organization of food and nutrition professionals. It sets educational standards and certifies nutritional professionals. The goal of the ADA is to help people enjoy healthier lives through better nutrition.

— **c** —

CDC (Centers for Disease Control and Prevention) — The CDC is a United States public health agency that works to control and prevent disease, such as **HIV** and **AIDS**.

Child Health Plus — Child Health Plus is a New York State health insurance program for children under the age of 19 who are residents of New York State. Depending on a family's income, the children may be eligible to join and a small monthly premium may or may not be paid. Child Health Plus covers a variety of health-related services, such as well-child care, physical exams, immunizations, X-rays and lab tests, dental care, vision care, speech and hearing, as well as others. There are no co-payments for services.

— **d** —

Department of Social Services or Local Department of Social Services — Each county in New York State has a local department of social services (LDSS). The LDSS is responsible for ensuring the care of children placed in foster care; in New York City, the Administration for Children's Services takes this role. The LDSS also provides many other services and functions, such as Medicaid and WIC (Supplemental Nutritional Program for Women, Infants and Children) programs.

— e —

Early Intervention Program — The Early Intervention Program is a statewide program that provides many different types of early intervention services to children under 3 years old who have disabilities or developmental delays. The Early Intervention Program can help you and your family:

- learn the best ways to care for your child.
- support and promote your child's development.
- include your child in your family and community life as much as possible.

There is no income eligibility, and your child does not have to be a United States citizen. Both you and your child have to be New York State residents to participate in the program.

— f —

Family Health Plus — Family Health Plus is a New York State health insurance program for adults between the ages of 19 and 64 who do not have health insurance but have incomes too high to qualify for **Medicaid**. Family Health Plus is available to single adults, couples without children, and parents with limited incomes who are residents of New York State and are United States citizens or fall under one of many immigration categories. Family Health Plus provides comprehensive coverage, including prevention, primary care, hospitalization, doctor-ordered medicines, and other services. There is no cost to participate in Family Health Plus.

FDA (Food and Drug Administration) — The FDA is part of the United States Department of Health and Human Services. The FDA regulates the safety of foods and cosmetics. FDA also regulates the testing of experimental medicines and approves new medicines and medical products.

— h —

HIV Care Networks — HIV Care Networks are part of the Ryan White Comprehensive AIDS Resources Emergency Act of 1990. They are funded by the United States Department of Health and Human Services, Health Resources and Services Administration. HIV Care Networks are responsible for:

- describing the local epidemic and available resources.
- planning and coordinating services.
- identifying service gaps and strategies to address those gaps.
- raising public awareness about HIV/AIDS services, treatment and policy.

Members in each New York State network include health care providers, community-based organizations, and people infected and affected by HIV/AIDS. The 16 HIV Care Networks include 8 regional networks outside of New York City:

Albany, Buffalo, Binghamton, Lower Hudson, Mid-Hudson, Rochester, Syracuse, and Long Island; and 8 neighborhood/borough-wide networks in New York City: Central Harlem, East Harlem, Bedford-Stuyvesant/Crown Heights, East New York/Brownsville, Williamsburg/Greenpoint/Bushwick, the Bronx, Staten Island, and Queens.

— m —

Medicaid — Medicaid is a program for people who cannot afford to pay for medical care. A person may qualify for Medicaid if he/she:

- has high medical bills.
- receives Supplemental Security Income (SSI).
- meets certain income, resource, age, or disability requirements.

MOMS (Medicaid Obstetrical and Maternal Services Program) — The MOMS Program helps pregnant women who live in New York State get prenatal care and other health care services, such as hospital care during pregnancy and labor, **HIV** counseling and testing, help applying for other programs like **WIC** and health insurance, family planning services, health care for babies until they are at least 1 year old, and more.

— n —

National School Breakfast and Lunch Program — The National School Breakfast and Lunch Program is available to all school children. The amount you pay depends on your family's income. At the beginning of each school year, the school hands out applications so that children can enroll in the program.

New York City Commission on Human Rights — The New York City Commission on Human Rights is a New York City program that receives and investigates discrimination complaints, as well as holds hearings and prosecutes offenders.

New York State Department of Health — The New York State Department of Health is a state agency that is committed to building healthier communities throughout the state. Department priorities include:

- protecting New Yorkers from disease, environmental risks and disasters.
- promoting healthy behavior.
- improving the quality of health care in New York.
- increasing access to health care.

New York State Division of Human Rights, Office of AIDS Discrimination Issues — The New York State Division of Human Rights, Office of AIDS Discrimination Issues is a statewide program that replaces the court system and costs nothing. The Division settles discrimination complaints, conducts investigations, and recommends hearings, as needed. A lawyer is not needed to file a complaint. The Division can also help if the complaint is covered under the federal Americans with Disabilities Act (ADA).

New York State Insurance Department — The New York State Insurance Department is a statewide program that is responsible for supervising and regulating all insurance business in New York State.

New York State Office of Children and Family Services — The New York State Office of Children and Family Services (OCFS) is the state agency whose primary mission is to promote the well-being and safety of New York's children, families and communities. This is achieved by setting and enforcing policies, building partnership and funding, and providing quality services. Priorities for OCFS include:

- improving safety and well-being for all children, youth, families, and communities, including safety from crime and violence.
- promoting self-sufficient families and individuals.
- protecting the state's most vulnerable populations, particularly its children, from violence, neglect, abuse, and abandonment.
- securing permanency for children and youth in out-of-home care by safely returning them to their parent(s) or a relative, facilitating adoption, or providing support for a successful transition to self-sufficiency.

— **P** —

PCAP (Prenatal Care Assistance Program) — PCAP is a program that helps pregnant women who live in New York State get prenatal care and other health care services, such as hospital care during pregnancy and labor, **HIV** counseling and testing, help applying for other programs like **WIC** and health insurance, family planning services, health care for their babies until they are at least 1 year old, and more.

The **Medicaid Obstetrical and Maternal Services (MOMS) Program** offers the same services in those areas of New York State where PCAP health centers are not located.

— **W** —

WIC (Supplemental Nutritional Program for Women, Infants and Children) — The WIC Program provides healthy food and nutrition counseling for pregnant women and their children who are up to 5 years old.