

Locations and hours:



### Spring Hill Office

7551 Forest Oaks Blvd  
Phone: 352-540-6800

Medical Services 7:30 - 4:30 M-F  
Dental Services 7:30 - 5:00 M-Th  
WIC 7:30 - 6:00 M-F  
Environmental Health 7:30 - 4:00 M-F  
Vital Statistics 7:30 - 4:30 M-F



### Brooksville Office

300 S. Main Street  
Phone: 352-540-6800

Medical Services 7:30 - 4:30 M-F  
Dental Services 7:30 - 5:00 Tuesday & Friday  
WIC 7:30 - 6:00 Tuesday & Friday



# Healthy Mom Healthy Baby



Improving the well-being of mothers and infants is an important public health goal. The Department of Health in Hernando County offers a variety of services to help ensure healthy pregnancies and healthy babies.



# Services

## Healthy Mom Healthy Baby

### Family Planning

Education and counseling to help women plan their families and improve their reproductive health and birth outcomes. For information, 352-540-6800.

[Link: Family Planning](#)

### Sexually Transmitted Disease (STD)

Testing, education and treatment help protect men and women, their sex partners and unborn children from serious effects of untreated STD such as chlamydia, herpes, and hepatitis. For information, 352-540-6800.

[Link: Sexually Transmitted Disease](#)

### Tuberculosis (TB)

TB is a bacterial infection that generally affects the lungs. In later stages, it can be transmitted to others, damages other vital organs, and can cause death if untreated. The Department of Health provides TB testing, education and treatment. For information, 352-540-6800.

[Link: Tuberculosis](#)

### WIC

WIC is a federally funded nutrition program for Women, Infants, and Children. WIC provides the following at no cost: healthy foods, nutrition education and counseling, breastfeeding support, and referrals for health care. For more information, 352-540-6879 ext. 82050.

[Link: WIC](#)

### Dental

Pregnancy causes hormonal changes that increase the risk of developing gum disease which, in turn, can affect the health of your developing baby. The Department of Health offers comprehensive dental services to eligible pregnant women. For more information, 352-540-6800 ext. 82038.

[Link: Dental](#)

### Breastfeeding

Breastfeeding offers many benefits to mom and baby. The Hernando Women, Infants and Children (WIC) program provides breastfeeding education, support and lactation consultation with a Certified Lactation Counselor. For information, 352-540-6924.

[Link: Breastfeeding](#)

### Safe Sleep

Learn what parents and caregivers can do to reduce the risk of Sudden Infant Death Syndrome (SIDS) and other sleep-related deaths. For information, 352-540-6800 ext: 82135.

[Link: Safe Sleep for Babies](#)

### Vaccinations

The Department of Health in Hernando County offers recommended childhood and adult vaccinations at both health department locations. Children's vaccinations are available free through the Vaccines for Children program. There are fees for most adult vaccines. For more information, 352-540-6800.

[Link: Vaccinations](#)

### Tobacco Cessation

The Department of Health and Tobacco Free Florida offers 3 ways to help residents and visitors give up tobacco. Find local classes by calling 813-929-1000 or visiting [www.ahectobacco.com](http://www.ahectobacco.com). If you prefer a telephone or online program, call Tobacco Free Florida's Quit Coach at 866-822-6669 or visit [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com).

### Additional Community Resources

#### Parenting Classes

A New Generation offers Earn While You Learn parenting classes. Join the free Partners Program and earn "mommy money" which can be used to purchase baby items. A New Generation also offers pregnancy testing and ultrasound for pregnancy verification. All services are free and confidential. Phone Number: 352-544-0911 Website: [www.purehope.org](http://www.purehope.org)

#### Domestic and Sexual Violence Victim Services

Dawn Center of Hernando County offers comprehensive support services for survivors of domestic violence and sexual assault including 24/7 local hotline, emergency shelter, crisis support, individual and group counseling, safety planning, access to crime victim compensation, legal advocacy/court accompaniment, and connection to local resources. All services free and confidential. 24/7 phone number: 352-686-8430 Website: [www.dawncenter.org](http://www.dawncenter.org).

#### 211 Tampa Bay Cares Resource Line

211 is a free, confidential, multi-lingual, 24-hour resource that provides a central source for community, health, disaster, and referral information. Dial 211 or visit <http://211hernando.bowmansystems.com/>.