

Don't let small health problems turn into big ones.

Not every medical situation is an emergency. It is important to see a doctor or healthcare provider regularly. He or she will be able to treat medical problems or control chronic conditions before they get so serious you have to go to an emergency room or a hospital.

No permita que los pequeños problemas de salud se conviertan en grandes problemas.

No toda situación médica es una emergencia. Es importante consultar regularmente a un doctor o a un proveedor de atención de la salud. Ellos están en condiciones de tratar problemas médicos y controlar afecciones crónicas antes de que sean tan graves como para tener que ir a una sala de emergencias u hospital.

Piga kite yon ti pwoblèm sante vin bay gwo pwoblèm.

Se pa tout pwoblèm medikal ki se yon ijans. Li enpòtan pou ale wè yon doktè oswa yon founisè swen lasante regilyèman. L ap kapab trete pwoblèm medikal ou an oswa maladi kwonik ou an anvan li vin si tèlman grav ou sètoblaje ale nan yon saldiyans oswa nan yon lopital.



**Healthy Start Coalition
of Miami-Dade**

For more information

DIAL 211 The Children's Trust
HELPLINE

or call the
Family Health Line 1-800-451-2229

Healthy Start Coalition of Miami-Dade
701 S.W. 27th Avenue, Suite 1401, Miami, FL 33135
Tel 305-541-0210 • Fax 305-541-0213
www.hscmd.org



HealthCare Resources

Recursos de Salud

Resous pou Swen Medikal

**Healthy Start Coalition
of Miami-Dade**

School-Based Health Centers

Atención de la salud en las escuelas

Swen lasante yo bay nan lekòl

Primary health care is offered during school hours to students who attend these schools. Health care providers are noted under the school listing. Please check with school for hours.

Se ofrece atención primaria de salud en los centros de salud que funcionan en las escuelas durante el horario escolar; a los alumnos que asisten a estas. Bajo el listado de escuelas, usted encontrará los nombres de los proveedores de atención de salud que corresponden a dicha escuela.

Yo ofri swen lasante primè nan sant pou lasante ki nan lekòl la pandan lè lekòl la pou elèv ki nan lekòl sa yo. W ap jwenn non founisè swen lasante yo nan lis lekòl lan. Rele lekòl la pou le yo bay swen lasante.

A

Allapattah Elementary / Lenora Braynon Smith
4700 N.W. 12th Ave.
Miami, FL 33127
305-635-0873
(Health Care Provider/Proveedor de atención de la salud/Founisè swen lasante: Liberty City Health Services Center/Jackson Health System)

C

Carol City Senior High
Donnell D. Morris
Adolescent Health Center
3422 N.W. 187th St.
Miami, FL 33056
305-628-9556
(Health Care Provider/Proveedor de atención de la salud/Founisè swen lasante: North Dade Health Center/Jackson Health System)

Charles Drew Elementary
1775 N.W. 60th St.
Miami, FL 33142
305-694-2362
(Health Care Provider/Proveedor de atención de la salud/Founisè swen lasante: Economic Opportunity Family Health Center)

Cope North Center
9950 N.W. 19th Ave.
Miami, FL 33147
305-691-4547
(Health Care Provider/Proveedor de atención de la salud/Founisè swen lasante: Economic Opportunity Family Health Center)

Cope South
10225 S.W. 147th Terr.
Miami, FL 33176
305-253-8073
(Health Care Provider/Proveedor de atención de la salud/Founisè swen lasante: Community Health of South Dade Center, Inc.)

D

Dunbar Elementary
505 N.W. 20th St.
Miami, FL 33127
305-573-2344
(Health Care Provider/Proveedor de atención de la salud/Founisè swen lasante: Jefferson Reaves Sr. Health Center/Jackson Health System)

F

Fienberg/Fisher Elementary
Children of the World
Health Center
1420 Washington Ave.
Miami Beach, FL 33139
305-531-0419
(Health Care Provider/Proveedor de atención de la salud/Founisè swen lasante: Miami Beach Community Health Center)

F.S. Tucker Elementary
3500 Douglas Rd.
Miami, FL 33133
305-567-3533
(Health Care Provider/Proveedor de atención de la salud/Founisè swen lasante: Helen B. Bentley Family Health Center)

H

Homestead Senior High
2351 S.E. 12th Ave.
Homestead, FL 33035
305-245-7000 ext. 2400

(Health Care Provider/Proveedor de atención de la salud/Founisè swen lasante: Community Health of South Dade, Inc.)

J

JFK Middle
1075 N.E. 167th St.
N. Miami Beach, FL 33162
305-944-8494
(The Dr. John T. MacDonald Foundation School Health Initiative supports a health center at JFK Middle School for students who attend these schools/La Iniciativa de Salud en las Escuelas de la Fundación Dr. John T. MacDonald respalda económicamente un centro de salud que funciona en la escuela JFK Middle School para los alumnos que asisten a esas escuelas/Inisyativ pou swen nan lekòl fondasyon Dr. John T. MacDonald lan sipote yon sant pou lasante nan JFK Middle School pou elèv ki ale nan lekòl sa yo: Fulford Elementary, Greynolds Park Elementary, Sabal Palm Elementary, JFK Middle or NMB Senior High.)

L

Laura C. Saunders Elementary
505 S.W. 8th St.
Homestead, FL 33030
305-242-0973
(Health Care Provider/Proveedor de atención de la salud/Founisè swen lasante: Community Health of South Dade, Inc.)

Lillie C. Evans Elementary
1895 N.W. 75th Street
Miami, FL 33147
305-694-2366
(Health Care Provider/Proveedor de atención de la salud/Founisè swen lasante: Economic Opportunity Family Health Center)

M

Miami Beach Senior High
Dr. Solomon S. Lichter Hi-Tides
Health Center
2231 Prairie Ave.
Miami Beach, FL 33139
305-538-8835
(Health Care Provider/Proveedor de atención de la salud/Founisè swen lasante: Miami Beach Community Health Center)

Miami Edison Senior and Middle
6161 N.W. 5th Ct.,
Room A-101
Miami, FL 33127
305-754-7044
(Health Care Provider/Proveedor de atención de la salud/Founisè swen lasante: Economic Opportunity Family Health Center)

Miami Jackson Senior High
1751 N.W. 36th St.
Miami, FL 33142
305-634-2621
(Health Care Provider/Proveedor de atención de la salud/Founisè swen lasante: Miami-Dade County Health Department)

Miami Northwestern Senior High
John H. Peavy Adolescent
Health Center
1100 N.W. 71st St.
Miami, FL 33150
305-836-0991
(Health Care Provider/Proveedor de atención de la salud/Founisè swen lasante: North Dade Health Center/Jackson Health System)

N

Norland Triplex
19340 N.W. 8th Ct.
Miami, FL 33169
305-650-9551
(Health Care Provider/Proveedor de atención de la salud/Founisè swen lasante: Economic Opportunity Family Health Center)

North Miami Beach Senior High
1247 N.E. 167th St.
N. Miami Beach, FL
33162
305-956-5991
(The Dr. John T. MacDonald Foundation School Health Initiative supports a health center at North Miami Beach Señor High for students who attend these schools/La Iniciativa de Salud en las Escuelas de la Fundación Dr. John T. MacDonald respalda económicamente un centro de salud que funciona en la escuela North Miami Beach Señor High para los alumnos que asisten a esas escuelas/Inisyativ pou swen nan lekòl fondasyon Dr. John T. MacDonald lan sipote yon sant pou lasante nan North Miami Beach Señor High pou elèv ki ale nan lekòl sa yo: Fulford Elementary, Greynolds Park Elementary, Sabal Palm Elementary, JFK Middle or North Miami Beach Senior High)

P

Poinciana Park Elementary
6745 N.W. 23rd Ave.
Miami, FL 33147
305-836-5351
(Health Care Provider/Proveedor de atención de la salud/Founisè swen lasante: Economic Opportunity Family Health Center)

Ponce De Leon Middle
5801 Augusto Street
Coral Gables, FL 33146
305-661-1611
(Health Care Provider/Proveedor de atención de la salud/Founisè swen lasante: Helen B. Bentley Family Health Center)

Community Health Centers

Centros comunitarios de salud

Sant kominotè pou lasante

B

Borinquen Health Care Center, Inc.
3601 Federal Hwy.
Miami, FL 33137
305-576-6611

C

Camillus Health Concern, Inc.
336 N.W. 5th St.
Miami, FL 33128
305-577-4840, ext. 106
(Health care for homeless, Servicios de salud para desamparados, Swen lasante pou moun ki pa gen kote pou yo rete)

Community Health of South Dade, Inc. (CHI)

Doris Ison South Dade Health Center
10300 S.W. 216th St.
Miami, FL 33190
305-253-5100

Community Health of South Dade, Inc. (CHI)

Everglades Health Center
19300 S.W. 376th St.
Florida City, FL 33030
305-246-4607

Community Health of South Dade, Inc. (CHI)

Martin Luther King Jr. Clinica

Campesina
810 W. Mowry St.
Homestead, FL 33030
305-248-4334

Community Health of South Dade, Inc. (CHI)

Naranja Health Center
13805 S.W. 264th St.
Naranja, FL 33030
305-258-6813

Community Health of South Dade, Inc. (CHI)

South Dade Health Center
13600 S.W. 312th St.
Homestead, FL 33090
305-242-6069

Community Health of South Dade, Inc. (CHI)

West Perrine Health Center
9970 S.W. 178th St.
Perrine, FL 33157
305-234-7676

D

Dr. Rafael A. Peñalver Clinic

971 N.W. 2nd St.
Miami, FL 33128
305-545-5180, ext. 184 or 185

E

Economic Opportunity Family Health Center

Jesse Trice Center for Community Health
5361 N.W. 22nd Ave.
Miami, FL 33142
305-637-6400

F

Families R Us Care Center

11865 S.W. 26th St. Unit G-10
Las Americas V Central Plaza
Miami, FL 33175
305-559-8333

G

Helen B. Bentley Family Health Center

3090 S.W. 37th Ave.
Coconut Grove, FL 33133
305-447-4950

J

Jackson Care-A-Van/Hialeah

Milander Park Auditorium
4800 Palm Ave.
Hialeah, FL 33012
305-585-7040

Every Thursday and Friday/Sólo jueves y viernes/Jedi ak vandreidi sèlman

33135 Dr. Raphael A. Peñalver Clinic

Helen B. Bentley Family Health Center

33136 Borinquen Health Care Center

33137 Jefferson Reaves Sr. Health Center

Borinquen Health Care Center

33138 EOHHC/Jessie Trice

Liberty City Health Services Center

33139 Borinquen Health Care Center

33140 EOHHC/Jessie Trice

Liberty City Health Services Center

33141 Juanita Mann Health Center

33142 Miami Beach Community Health Center/

Stanley C. Myers

33143 Miami Beach Community Health Center/

Stanley C. Myers

33144 Miami Beach Community Health Center/

Beverly Press

33145 EOHHC/Jessie Trice

Juanita Mann Health Center

Jackson Care-A-Van/Sweetwater

Ronselli Park
250 S.W. 114th Ave.
Sweetwater, FL 33174
305-585-7040
Every Monday and Tuesday/Sólo lunes y martes/Lendi ak madi sèlman

Jackson Memorial Hospital

Ambulatory Care Center
1611 N.W. 12th Ave.
Miami, FL 33136
305-585-6000

Jefferson Reaves Sr. Health Center

1009 N.W. 5th Ave.
Miami, FL 33136
305-577-0093, ext. 223

Juanita Mann Health Center

7900 N.W. 27th Ave.
Miami, FL 33147
305-694-2900

33143 Helen B. Bentley Family Health Center

33144 Rosie Lee Wesley Health Center

33145 Dr. Raphael A. Peñalver Clinic

Helen B. Bentley Family Health Center

33146 Helen B. Bentley Family Health Center

33147 EOHHC/Jessie Trice

Juanita Mann Health Center

33150 Liberty City Health Services Center

33154 EOHHC/Jessie Trice

33155 Miami Beach Community Health Center/

Beverly Press

33156 Helen B. Bentley Family Health Center

33157 Rosie Lee Wesley Health Center

33158 Any CHI Health Center

33160 Any CHI Health Center

33161 Any CHI Health Center

33162 Any CHI Health Center

33163 Any CHI Health Center

33164 Any CHI Health Center

L

Liberty City Health Services Center

1320 N.W. 62nd St.
Miami, FL 33147
305-835-2200

M

Miami Beach Community Health Center

Beverly Press Building
1211-71 Street
Miami Beach, FL 33141
305-538-8835

Miami Beach Community Health Center

Stanley C. Myers Building
710 Alton Road
Miami Beach, FL 33139
305-538-8835

N

North Dade Health Center

16555 N.W. 25th Ave.
Opa-locka, FL 33054
305-621-8888
305-620-3710 appointments

33160 Miami Beach Community Health

33161 Center/ Beverly Press

33162 EOHHC/Jessie Trice

33163 North Miami Health Center

33164 EOHHC/Jessie Trice

33165 North Miami Health Center

33166 Families R Us Care Center

33167 Rosie Lee Wesley Health Center

33168 Liberty City Health Services Center

33169 North Miami Health Center

33170 Any CHI Health Center

33171 Any CHI Health Center

33172 Families R Us Care Center

33173 Jackson Care-A-Van/Sweetwater

33174 Rosie Lee Wesley Health Center

33175 Families R Us Care Center

33176 Any CHI Health Center

33177 Any CHI Health Center

33178 Any CHI Health Center

North Miami Health Center

14101 N.W. 8th Ave.
Miami, FL 33168
305-953-3161

P

Prevention, Education & Treatment (PET) Center

615 Collins Ave.
Miami Beach, FL 33139
305-535-5540

(Specialized Adult Primary Care for HIV Spectrum Disease)/ Atención primaria de adultos especializada en enfermedades del espectro del VIH/ Swen primè pou granmoun pou maladi VIH)

R

Rosie Lee Wesley Health Center

6601 S.W. 62nd Ave.
South Miami, FL 33143
305-669-6909

33175 Rosie Lee Wesley Health Center

33176 Families R Us Care Center

33177 Jackson Care-A-Van/Sweetwater

33178 Any CHI Health Center

33179 Any CHI Health Center

33180 North Miami Health Center

33181 North Miami Health Center

33182 Families R Us Care Center

33183 Jackson Care-A-Van/Sweetwater

33184 Families R Us Care Center

33185 Jackson Care-A-Van/Sweetwater

33186 Families R Us Care Center

33187 Any CHI Health Center

33188 Any CHI Health Center

33189 Any CHI Health Center

33190 Any CHI Health Center

33191 Jackson Care-A-Van/Sweetwater

33192 Families R Us Care Center

33193 Any CHI Health Center

All areas Camillus Health Concern
Jackson Memorial Hospital/
Ambulatory Care Center
PET Center
33010 Jackson Care-A-Van/Hialeah
Juanita Mann Health Center
33012 Jackson Care-A-Van/Hialeah
Juanita Mann Health Center
Liberty City Health Services Center
33013 Jackson Care-A-Van/Hialeah
Juanita Mann Health Center
33014 Jackson Care-A-Van/Hialeah
Juanita Mann Health Center
33015 EOHHC/Jessie Trice
33016 Juanita Mann Health Center
North Dade Health Center
33030 Any CHI Health Center
33031 Any CHI Health Center
33032 Any CHI Health Center
33033 Any CHI Health Center
33034 Any CHI Health Center

33054 Juanita Mann Health Center
North Dade Health Center
33055 North Dade Health Center
33056 North Dade Health Center
33125 Dr. Raphael A. Peñalver Clinic
Jefferson Reaves Sr. Health Center
Helen B. Bentley Family Health Center
33126 Jackson Care-A-Van/Sweetwater
33127 Borinquen Health Care Center
EOHHC/Jessie Trice
Juanita Mann Health Center
Liberty City Health Services Center
33128 Dr. Raphael A. Peñalver Clinic
Jefferson Reaves Sr. Health Center
Helen B. Bentley Family Health Center
33129 Borinquen Health Care Center
33131 Dr. Raphael A. Peñalver Clinic
Jefferson Reaves Sr. Health Center
33132 Borinquen Health Care Center
33133 Helen B. Bentley Family Health Center
33134 Helen B. Bentley Family Health Center

33135 Dr. Raphael A. Peñalver Clinic
Helen B. Bentley Family Health Center
33136 Borinquen Health Care Center
33137 Jefferson Reaves Sr. Health Center
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EOHHC/Jessie Trice
Liberty City Health Services Center
Juanita Mann Health Center
33138 Borinquen Health Care Center
EOHHC/Jessie Trice
Liberty City Health Services Center
Juanita Mann Health Center
33139 Miami Beach Community Health Center/
Stanley C. Myers
33140 Miami Beach Community Health Center/
Stanley C. Myers
33141 Miami Beach Community Health Center/
Beverly Press
33142 EOHHC/Jessie Trice
Juanita Mann Health Center
Liberty City Health Services Center

33143 Helen B. Bentley Family Health Center
Rosie Lee Wesley Health Center
33144 Rosie Lee Wesley Health Center
33145 Dr. Raphael A. Peñalver Clinic
Helen B. Bentley Family Health Center
33146 Helen B. Bentley Family Health Center
33147 EOHHC/Jessie Trice
Juanita Mann Health Center
Liberty City Health Services Center
Borinquen Health Care Center
33150 EOHHC/Jessie Trice
Juanita Mann Health Center
Liberty City Health Services Center
33154 Miami Beach Community Health Center/
Beverly Press
33155 Helen B. Bentley Family Health Center
Rosie Lee Wesley Health Center
33156 Any CHI Health Center
Rosie Lee Wesley Health Center
33157 Any CHI Health Center
33158 Any CHI Health Center

33160 Miami Beach Community Health
Center/ Beverly Press
33161 EOHHC/Jessie Trice
Juanita Mann Health Center
North Miami Health Center
33162 EOHHC/Jessie Trice
North Miami Health Center
33165 Families R Us Care Center
Rosie Lee Wesley Health Center
33167 Liberty City Health Services Center
North Miami Health Center
33168 EOHHC/Jessie Trice
North Miami Health Center
33169 North Dade Health Center
North Miami Health Center
33170 Any CHI Health Center
33171 Any CHI Health Center
33172 Families R Us Care Center
Jackson Care-A-Van/Sweetwater
Rosie Lee Wesley Health Center
33173 Rosie Lee Wesley Health Center
33174 Families R Us Care Center

33175 Rosie Lee Wesley Health Center
33176 Families R Us Care Center
33177 Any CHI Health Center
33179 North Miami Health Center
33180 North Miami Health Center
33181 North Miami Health Center
33182 Families R Us Care Center
Jackson Care-A-Van/Sweetwater
33183 Families R Us Care Center
33184 Families R Us Care Center
Jackson Care-A-Van/Sweetwater
33185 Families R Us Care Center
33186 Any CHI Health Center
33187 Families R Us Care Center
33189 Any CHI Health Center
33190 Any CHI Health Center
33192 Jackson Care-A-Van/Sweetwater
33193 Families R Us Care Center
33196 Any CHI Health Center

Not every medical situation is an emergency. It is important to see a doctor or healthcare provider regularly. He or she will be able to treat medical problems or control chronic conditions before they get so serious you have to go to an emergency room or a hospital.

A community health center is just like going to an individual doctor's office, and most centers have regular evening hours for your convenience. You make an appointment and see your doctor for regular, primary care, which includes:

- colds or flu
- allergies
- prenatal care
- sore throat
- arthritis
- immunizations
- fever
- high blood pressure
- sexually transmitted diseases (STDs)
- earache
- diabetes
- prescription refills
- back pain
- skin rash
- headache

You should go to an emergency room only for life-threatening conditions, such as:

- loss of consciousness
- deep cuts and lacerations
- seizures
- broken bones
- head injury
- difficulty breathing
- chest pain
- vomiting blood
- acute asthma

A “medical home” is important for you and your family. A “medical home” is a place where you can receive regular health care. If you have a “medical home,” then you won't have to wait for hours in an Emergency Room when your child has a cold or your arthritis is acting up. You can see the doctors and nurses, even if you don't have health insurance.

What do you have to pay for a “medical home”?

All the community health centers listed in this brochure use a “sliding scale” for health care payment, which is based on how much you earn. They also take Medicaid and other insurances.

How can you find a “medical home” close to you?

Find your zip code in the chart in this brochure. It will show the community health centers that serve people in your zip code. Then find the name of the center in the other list, and call to make an appointment.

No toda situación médica es una emergencia. Es importante consultar a un doctor o a un proveedor de atención de la salud regularmente. Ellos están en condiciones de tratar problemas médicos y controlar afecciones crónicas antes de que sean tan graves como para tener que ir a una sala de emergencias u hospital.

El **centro comunitario de salud** es simplemente como ir al consultorio particular de un doctor y, para su comodidad, la mayoría de los centros tienen horarios regulares de atención por la noche. Usted puede pedir una cita con su doctor para recibir atención primaria de rutina que incluye:

- catarro, resfriado o influenza
- salpullido o urticaria
- dolor de garganta
- alergias
- cuidados prenatales
- fiebre
- artritis
- enfermedades de transmisión sexual
- dolor de oído
- hipertensión
- recetas médicas
- dolor de espalda
- diabetes
- vacunas
- dolor de cabeza

Sólo debe ir a una **sala de emergencias** en aquellas situaciones en las que su vida esté en riesgo como, por ejemplo:

- pérdida del sentido
- laceración profunda
- dificultad para respirar
- fractura de un hueso
- lesión en la cabeza
- asma aguda
- dolor en el pecho
- vómito con sangre
- ataques epilépticos o crisis
- cortadura o

Un “hogar médico” es importante para usted y su familia.

El “hogar médico” es un lugar en el que puede recibir atención médica de rutina. Si cuenta con un “hogar médico”, no tendrá que esperar durante horas en una sala de emergencias cuando su hijo esté resfriado o cuando usted sufra un ataque de artritis. Podrá hacerse atender por doctores y enfermeras aunque no tenga seguro de salud.

¿Cuánto tiene que pagar por un “hogar médico”?

Todos los centros comunitarios de salud que se mencionan en este folleto utilizan una “escala móvil” para los pagos de atención médica que se basa en sus ingresos. Además, aceptan Medicaid y otros seguros.

¿Cómo encontrar un “hogar médico” cerca del lugar en el que vive?

Busque su código postal en la tabla que encontrará en este folleto. Esta le mostrará los centros comunitarios de salud que atienden a las personas con su código postal. Luego, busque el nombre del centro en la otra lista y llame para pedir cita.

Se pa tout pwoblèm medikal ki se yon ijans. Li enpòtan pou ale wè yon doktè oswa yon founisè swen lasante regilyèman. L ap kapab trete pwoblèm medikal ou an oswa maladi kwonik ou an anvan li vin si tèlman grav ou sètoblije ale nan yon saldiyans oswa nan yon lopital.

Ale nan yon sant kominotè pou lasante se tankou lè w prale nan klinik yon doktè, epi pifò sant yo regilyèman ouvri leswa pouka fasilite sa pou ou. W ap bezwen fè yon randevou pou ka wè doktè w, pou jwenn swen primè, ki enkli:

- pran fredri oubyen lagrip
- gratèl sou po
- vaksinasyon
- alèji
- swen pandan gwosès
- malgòj
- atrit
- maladi veneryèn
- lafyèv
- tansyon ki monte
- renouvèlman pou preskripsyon
- zorèy fè mal
- dyabèt
- doulè nan do
- tèt fè mal

Ou dwe ale nan yon saldiyans sèlman lè ou gen yon pwoblèm ki menase lavi w, tankou:

- pèdi konesans
- pwofon
- pwoblèm pou respire
- zo kase
- shòk nan tèt
- kriz las egi
- doulè anba kè
- vomisman san
- kriz
- koupri ak blesi

Yon “kay medikal” enpòtan pou oumenm ak fanmi w.

Yon “kay medikal” se yon kote ou ka resevwa swen lasante regilyèman. Si w gen yon “kay medikal”, ou pap bezwen ap pase plizyè èd tan nan saldiyans lè pitit ou gen yon grip oswa maladi atrit ou an ap fatigue w. Ou ka wè doktè ak enfimyè yo, menmsi ou pa ta gen asirans medikal.

Kisa w ap gen pou peye pou ka gen yon “kay medikal”?

Tout sant kominotè pou lasante ki nan feye sa yo itilize yon “barèm” pou pèman pou swen lasante, ki baze sou kantite lajan ou fè. Yo aksepte Medicaid ak lòt asirans.

Kijan ou ka jwenn yon “sante medikal” ki pre w?

Chachè kòd postal ou nan feye-a. Sa ap bawo ki sante kominote ki pre kay-ou. Epi cache nou sante lan nan list-a epi rele-ou pou randevou.