

# Hamilton Public Health



## General Information

Main Website: [www.hamilton.ca/people-programs/public-health](http://www.hamilton.ca/people-programs/public-health)

- Contains information on all our services and contact information

Address: 110 King Street West, 2<sup>nd</sup> Floor (near Jackson Square downtown)

General Inquiries: (905) 546-3500, [publichealth@Hamilton.ca](mailto:publichealth@Hamilton.ca)

## Immunization

Reporting Vaccines Online: [hph.icon.ehealthontario.ca/#!/welcome](http://hph.icon.ehealthontario.ca/#!/welcome)

Vaccines we provide:

- Flu Shot: [www.hamilton.ca/people-programs/public-health/vaccines-immunizations/flu-clinics#clinics](http://www.hamilton.ca/people-programs/public-health/vaccines-immunizations/flu-clinics#clinics) for a list of clinic locations or call (905) 546-2489
- COVID: Can book online [www.hamilton.ca/people-programs/public-health/diseases-conditions/coronavirus-covid/covid-19-vaccine](http://www.hamilton.ca/people-programs/public-health/diseases-conditions/coronavirus-covid/covid-19-vaccine) or at (905) 974-9849 Option 7
- Hepatitis B, HPV, Meningococcal vaccines for students in grade 7

All publicly funded vaccines:

[health.gov.on.ca/en/pro/programs/immunization/docs/Publicly\\_Funded\\_ImmunizationSchedule.pdf](http://health.gov.on.ca/en/pro/programs/immunization/docs/Publicly_Funded_ImmunizationSchedule.pdf)

To learn more about vaccines:

- Speak with your family doctor
- Speak to one of our Public Health Nurses (905) 546-2424 Ext. 7556



## Pregnancy & Parenting

Online Prenatal Video Series: [www.hamilton.ca/people-programs/public-health/pregnancy-prenatal-health/prenatal-supports](http://www.hamilton.ca/people-programs/public-health/pregnancy-prenatal-health/prenatal-supports)

- Pregnancy, birth, breastfeeding, newborn care
- Free, accessible at any time
- Register for video series and in person prenatal classes online

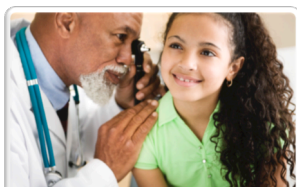


Healthy Pregnancy Guide: [www.hamilton.ca/people-programs/public-health/pregnancy-prenatal-health/plan-healthy-pregnancy](http://www.hamilton.ca/people-programs/public-health/pregnancy-prenatal-health/plan-healthy-pregnancy)

- Guide for pregnancy related topics, including nutrition, emotional changes, use of recreational substances, physical activity

Public Health Nurse Home Visits: Call (905) 546-3550 for more information

- Nurse supporting healthy growth and development of newborns until school entry





## Visual Health

[www.hamilton.ca/people-programs/public-health/visual-health](http://www.hamilton.ca/people-programs/public-health/visual-health)

- Find an optometrist: 1-888-825-2554 or 1-800-540-3837; can search by language and location
- Children up to the age of 19 can get free annual eye checks with a health card
- If you need financial assistance buying glasses, call (905) 546-2424 Ext. 5369

## Dental Health

[www.hamilton.ca/people-programs/public-health/dental-health](http://www.hamilton.ca/people-programs/public-health/dental-health)

- Downtown dental health clinic provides free dental care to low income families, at 110 King Street West 3<sup>rd</sup> Floor (905) 546-2424 Ext. 3789
- Healthy Smiles Ontario: Pays for dental services to children under 18 who are low income, for more information call (905) 546-2424 Ext. 5369

## Other Free Community Services

- Immigrants Working Center
  - English education, employment, and settlement; many locations
  - <https://iwchamilton.ca/>; (905) 529-5209
- YMCA
  - Settlement, language assessment, housing, health, employment
  - [www.ymcahbb.ca/new-Canada](http://www.ymcahbb.ca/new-Canada); (905) 526-8452
- Hamilton Urban Core Community Health Center
  - Monthly lesson on overview of the Canadian Healthcare System
  - [www.hucchc.com/health-and-wellness-programs/newcomers-to-canada/](http://www.hucchc.com/health-and-wellness-programs/newcomers-to-canada/)
- Circle of Friends
  - ESL (English as a second language) classes
  - [www.circleoffriends.ca/](http://www.circleoffriends.ca/)

