

Perinatal Services

News, Announcements, Trainings, Resources, & Opportunities to Get Involved
7, 2025

April

SAFE SLEEP

In the last 5 years, **Fresno County has had 51 sleep-related deaths, 23 of the cases involved a blanket.** When educating about Infant Safe Sleep, don't forget to keep the baby warm and encourage the use of sleep sacks instead of blankets. Babies, even tiny ones, move more than we realize, and blankets become a suffocation risk. They end up on or near their face or tightly wrapped around their body.



For updated Safe Sleep education materials please use the QR code to order free materials including shipping from the Safe to Sleep campaign.



Public Education Campaign Led By
NIH Eunice Kennedy Shriver National Institute of Child Health and Human Development
In collaboration with other organizations

Contact Quentin Paramo, Health Education Specialist, at 600-3330 to schedule a safe sleep training.

April is Cancer Prevention and Early Detection Month.

Let us all be reminded of the importance of routine cancer screening. **Wear green on April 11 to remind everyone of Early Detection=Better Outcomes.** For more information visit Prevent Cancer Foundation at <https://preventcancer.org/prevention-screening/cancer-prevention-and-early-detection-month/>.

Provider Resources

American Diabetes Association presents [Maternal Health for All Three-Part Webinar](#). This three-part series will explore the complexities of GDM, from preconception risk management and early detection to optimizing care during pregnancy and continuing through postpartum support. Through a health equity lens, the series will emphasize strategies to reduce disparities, eliminate bias in care delivery, and leverage the power of allied health professionals and community-based resources.

National AIDS & Education & Training Center (NASC) supports workforce development and training for healthcare professionals to help end the HIV epidemic in the United States. AIDS Education & Training Center (AETC) offer a wide range of training opportunities for health professionals, including lectures, preceptorships, webinars, and conferences. Learn more at <https://aidsetc.org/training>.

PrEP is for Women!

What is PrEP?

Pre-Exposure Prophylaxis (PrEP) is a medication that reduces the chance of getting HIV from sex by 99%¹. PrEP reduces the chance of getting HIV from sharing injection drug equipment by 74%¹.

More women could benefit from PrEP.

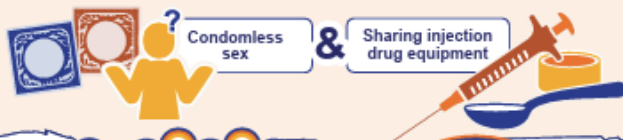
In 2023, only 6% of all PrEP users in California were female, despite the fact that women represented at least 13% of new HIV diagnoses in 2022².



How HIV Spreads

HIV is a virus that attacks the body's immune system. It is spread by contact with certain bodily fluids (blood, semen, pre-seminal fluid, rectal fluids, vaginal fluids, and breast milk) of a person who has HIV.

Common HIV Transmission Modes:



One in six new HIV diagnoses in California are among women³



Most HIV diagnoses among women are from sexual contact⁴

PrEP Facts

PrEP prevents sexual transmission of HIV.

PrEP is covered by most insurance plans, including Medi-Cal.

PrEP is safe to take during pregnancy and breastfeeding.

There are no drug conflicts between PrEP and hormone therapy.

undetectable = untransmittable



Important to Know: A person living with HIV, who is on treatment and maintains an undetectable viral load, has ZERO risk of transmitting HIV to their sexual partners⁵.

Protect Your Sexual Health

- Prevent HIV by talking to your provider about PrEP.
- Use protection (condoms, dental dams, etc.).
- Request regular STI screenings including HIV, hepatitis C, and syphilis.
- Complete treatments for STIs.
- Discuss testing in relationships.
- Get mammograms and pap smears, as recommended.



← More Information About Women, PrEP, and HIV

Acronyms: HIV = human immunodeficiency virus; STI = sexually transmitted infection • References: ¹Centers for Disease Control and Prevention, PrEP; ²AIDSvu.org; ³California Department of Public Health, Office of AIDS, California HIV Surveillance Data 2022; ⁴Centers for Disease Control and Prevention, U=U.

This material was developed by the California Planning Group.



black infant health
Empowering Pregnant and Mothering Black Women

Black Infant Health (BIH) is a unique program that provides support within a culturally affirming environment, honoring the unique history of African American women.

Women can be referred by their doctors, school nurses, Fresno County outreach workers, public health nurses or self-referral.

Provider Referral:

Public Health Nursing Referral Form
Fill out form and fax to (559) 455-4705 or email to phnfx@fresnocountyca.gov.

Self-Referral:

In office: 142 E. Cesar Chavez Blvd,
Fresno, CA 93706

By phone: (559) 600-1021

Email: bih@fresnocountyca.gov

[Facebook Fresno Black Infant Health](#)

Community Resources

Fresno County's Public Health Nursing has several programs serving Fresno County's children, women, and families, including at-risk populations, first-time moms, and much more. To learn more, visit

<https://www.fresnocountyca.gov/Departments/Public-Health/Public-Health-Nursing>

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