

Health Resources and Information

National Association of Free & Charitable Clinics

<http://www.nafcclinics.org/find-clinic>

The Health Resources and Services Administration:

Find a Health Center

[http://
findahealthcenter.hrsa.gov/](http://findahealthcenter.hrsa.gov/)

Ryan White Clinics

<http://findhivcare.hrsa.gov>

HIV.gov

Federal Resources, Español

[https://www.hiv.gov/federal-
response/espanol](https://www.hiv.gov/federal-response/espanol)

Find HIV Testing Sites and Care
Services

<https://www.hiv.gov/>

National Alliance for Hispanic Health

1-866-783-2645

In Mexico (Desde México) / CENSIDA:

Phone: 01 800 712 0886

-or- 01 800 712 0889

[http://
www.censida.salud.gob.mx/
descargas/atencion/directorios/
directorio_CAP_0316_1.pdf](http://www.censida.salud.gob.mx/descargas/atencion/directorios/directorio_CAP_0316_1.pdf)

Final Thoughts...

- Understand your medical condition
- Carry a list of your medicines
- Keep a copy of your medical records
- Follow healthy habits
- Ask questions
- Be informed

**U.S. Immigration and
Customs Enforcement**



Your Health: Take Control

Health Care
Follow-Up
Information



**U.S. Immigration
and Customs
Enforcement**

Everyday Routines for Success

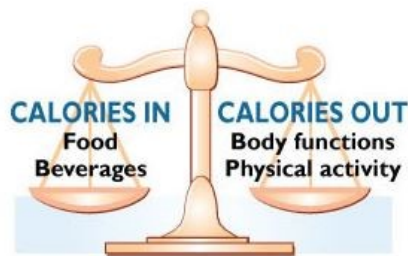
About your Medications:

- Know the **name**, **strength**, and **dose** of your medicines (carry a list or the bottles, if needed)
- Take medicines only as prescribed
- Do not stop taking medicines unless instructed to
- Do not share your medicines
- Do not take someone else's medicines
- Do not remove or damage labels

Healthy Habits:

- Maintain a healthy weight through proper diet and exercise
- Find the right balance between Calories In and Calories Out

Visit the Centers for Disease Control and Prevention (CDC) website for more



information related to Healthy Weight at <http://www.cdc.gov/healthyweight/calories/index.html>

For further great tips in many languages: <https://www.choosemyplate.gov/>

- Avoid street drugs, tobacco, and alcohol. If you used these items before, now is the perfect time to quit.

More information is available on the CDC websites:

How to Quit Tobacco Use: http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm

About Alcohol Use: <http://www.cdc.gov/alcohol/index.htm>

Persons Who Use Drugs: <http://www.cdc.gov/pwid/>



Information is Key to Success!



Before you leave custody...

Get a Copy of Your Medical Record

- You can get a copy of your medical record at any time during your stay
- Sign a medical record release form in the medical clinic

After you leave custody...

How to Continue Your Medical Care

- Use the resources in this handout to find a free or low cost clinic or doctor near you
- Schedule an appointment at least 1 week before your medicines run out
- Bring your medical record and medicines to your appointment
- Access and print your medical record using the web portal using your unique password at: <https://myhealth.ehr-icehealth.org>