

To have a healthy pregnancy be sure each day to eat:

- grains (rice, bread, couscous, or corn meal),
- vegetables,
- fruits,
- milk, yogurt, or cheese, and
- meat and beans.

The baby you are carrying can be harmed by your exposure to certain substances. Please stay away from the following things:

- insecticides, cleaning supplies, and paint,
- cigarette smoke,
- alcoholic drinks (beer, wine and liquor), and
- large amounts of coffee, tea, or soft drinks. Alcohol drinks can cause birth defects, brain damage, or even death. Cigarette smoke can cause the baby to be born to small or too soon to be healthy.

### **WHERE CAN I GO TO GET FREE OR REDUCED COST PRENATAL CARE?**

You can get help to pay for medical care during pregnancies. This prenatal care can help you have a healthy baby. Every state has a program to help. To find out more about the program in your state please call: 1-800-311-2229, or ask your caseworker about more options.

### **For more information about healthy pregnancy on the Internet, please visit:**

[www.nlm.nih.gov/medlineplus/prnatacare](http://www.nlm.nih.gov/medlineplus/prnatacare)

[www.4women.gov/faq/prenatal](http://www.4women.gov/faq/prenatal)

[www.cdc.gov/ncbddd/bd/abc](http://www.cdc.gov/ncbddd/bd/abc)

[www.kidsheslth.org/parent/](http://www.kidsheslth.org/parent/)



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## **Healthy Pregnancy**



**[www.refugees.org](http://www.refugees.org)**

*Protecting Refugees, Serving Immigrants,  
Upholding Freedom since 1911*

Being pregnant is a very important time in a woman's life. This brochure provides information on how to have a healthy pregnancy through "early detection", regular "prenatal care", and eating the right kinds of foods.

### **WHAT IS EARLY DETECTION?**

Early detection is finding out that you are pregnant early. It will help you start taking better care of yourself and your baby.

### **WHAT TO DO IF YOU THINK YOU ARE PREGNANT?**

If you are showing signs of being pregnant, you can buy a pregnancy test kit at any pharmacy without a prescription. If the test shows that you are pregnant please see a doctor. Your doctor will confirm the result with another test. It is recommended that you go within the first two months of pregnancy. Your doctor will answer any questions and pregnancy concerns. It is important that you see your doctor as soon as possible for prenatal care.

### **WHAT IS PRENATAL CARE?**

Prenatal care is the healthcare you get when you are pregnant.

Take care of yourself and your baby by:

- getting prenatal care early.
- getting regular prenatal care check-ups. Your doctor will schedule several appointments during your pregnancy. Don't miss any!
- following your doctor's advice.

Prenatal care also includes laborator tests, ultrasound exams, and other screening tests. These tests are performed to ensure the well being of you and your baby during the pregnancy.

### **WHY DO I NEED PRENATAL CARE?**

Prenatal care can help keep you and your baby healthy. Babies of mothers who get prenatal care are more likely to have a higher birth weight, and less pregnancy. Doctors can find problems early enough when they see mothers every one to two months. Early treatment can prevent problems from getting worse. Regular health care is best for you and your baby. Ask your caseworker for advice on what doctor you should see, or about translation services.

### **HOW DO I HAVE A HEALTHY PREGNANCY?**

Keep you and your baby healthy during pregnancy by:

- drinking six to eight glasses of water, natural fruit juice, and milk each day,
- take vitamins that include "Folic Acid", "Iron", and "Calcium",
- exercise by taking walks,
- getting enough sleep,
- asking your doctor if the medicines you are taking are safe for you and your baby,
- getting a flu vaccination, and
- avoid stress.

