

- Staying active. Gentle exercise is good for you and your baby
- Avoiding caffeine (coffee, soda and tea)
- Avoiding chemicals (like bug sprays or household cleaners)
- Taking a pre-natal class
- Taking a multivitamin with folic acid

• • •

For more information about women's health exams on the Internet, please visit:

The Centers for Disease Control and Prevention
www.cdc.gov

The U.S. Department of Health and Human Services
www.womenshealth.gov

The U.S. Department of Health and Human Services Office of Minority Health
www.omhrc.gov

CONTACT INFORMATION:
riht@uscridc.org
U.S. Committee for Refugees and Immigrants
1717 Massachusetts Ave., NW
Suite 200
Washington, DC 20036
Phone: 202 • 347 • 3507
Fax: 202 • 347 • 7177
www.refugees.org

For more information by phone please call:

The National Women's Health Information Center (NWHIC)
1-800-994-9662

The Planned Parenthood Federation of America at
1-800-230-7526

To find clinics in your area where you can get free and low cost Pap tests and mammograms, please visit:

The Centers for Disease Control and Prevention
www.cdc.gov/cancer

Planned Parenthood Federation of America
www.plannedparenthood.org

• • •

Information for this brochure was adapted from materials developed by:

The Office of Women's Health and Office of Minority Health at the U.S. Department of Health and Human Services

The Centers for Disease Control and Prevention (CDC)

The National Cancer Institute

This brochure was developed with funding from the Department of Health and Human Services Office of Refugee Resettlement.



Photo credit: Rose McNulty

Routine Health Exams for Women



www.refugees.org
*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

