

Keeping healthy during pregnancy

- ✓ Go to all your prenatal care checkups, even if you feel fine.

Prenatal care is medical care you get during pregnancy. At each visit your health care provider checks on you and your growing baby. Getting early and regular prenatal care can help you have a full-term baby. Full term means your baby is born between 39 weeks and 40 weeks, 6 days. Being born full term gives your baby the time he needs in the womb to grow and develop.

- ✓ Don't smoke, drink alcohol or use street drugs.
If you need help to quit, tell your provider. Also stay away from secondhand smoke (smoke from someone else's cigarette, cigar or pipe).
- ✓ Tell your provider about any medicine you take.
This includes prescription and over-the-counter medicine, herbal products and supplements. Don't take any medicine without talking to your provider first. Not all medicines are safe to take during pregnancy. You may need to change to a medicine that's safer for you and your baby. When you're taking any medicine:
 - Don't take more than your provider says to take.
 - Don't take it with alcohol or other drugs.
 - Don't use someone else's medicine.
- ✓ Eat healthy foods and do something active every day.
- ✓ Take a prenatal vitamin with 600 micrograms of folic acid in it every day.

- ✓ Reduce your stress.

- ✓ Protect yourself from infections.

Wash your hands often and stay away from people who are sick. Get a dental checkup to prevent gum infections. And have safe sex. If you have sex, have it with only one person who doesn't have other sex partners. Use a condom if you're not sure if your partner has a sexually transmitted disease (also called STD). Ask your partner to get tested and treated for STDs.

- ✓ Stay away from harmful chemicals at home and work, like bug spray and cleaners with strong smells.
- ✓ Get help if your partner abuses you
Abuse is never OK. Tell a friend or your provider if you need help.
- ✓ Always wear your seat belt in the car.
Wear the lap belt and the shoulder strap. Make sure they both fit snugly. Put the lap belt under (not across) your belly and over your hips. Put the shoulder strap between your breasts and off to the side of your belly. Never place it under your arm. Slide your seat back as far as you can.



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Watch videos on how to have a healthy pregnancy at: [marchofdimes.org/videos](https://www.marchofdimes.org/videos)

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