

Are you thinking about having a baby?

You can help your body get ready for a baby even before you get pregnant! Try to be as healthy as you can be while you're trying to get pregnant.

What should I do to get ready for pregnancy?



Start taking prenatal vitamins every day.

- These are important vitamins that help your body get ready for pregnancy.
- Prenatal vitamins have calcium, folic acid, and iron.
- Prenatal vitamins help keep your baby healthy once you are pregnant.
- You can get prenatal vitamins at a drug store or at a CHN health center.



Eat healthy foods.

- Eat fruits and vegetables, low fat dairy products, and whole grains.
- Drink lots of water.
- Try to stay away from soda, junk food like chips and candy, and fatty or fried foods.
- Talk with a CHN nutritionist about eating healthy!



Avoid drinking alcohol, smoking cigarettes, or using drugs.

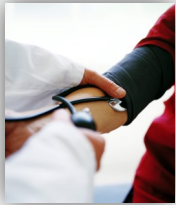
- These can all harm a pregnancy. Talk to your doctor at CHN if you need help to stop drinking, smoking, or using drugs.



Talk to your doctor about your health issues and medicines.

- If you have health issues like diabetes, high blood pressure, or asthma, it's best to have it under control before you get pregnant.
- Talk to your doctor about any medicines, vitamins, or herbs you take.
- Get tested for any STIs (infections you can get from sex) or HIV before you get pregnant. Without treatment, STIs and HIV can harm a pregnancy. Or they can get worse during pregnancy.





Make sure your vaccines (shots) are up to date.

- You may need to get more shots.
- You can get your shots at CHN.



Stay away from unsafe chemicals that could make you sick.

- Some chemicals are okay for people who are not pregnant to be around. But pregnant people should stay away from them because they could harm a pregnancy. Think about what chemicals might be around you at work and at home. If you are worried about the chemicals around you, talk to your CHN doctor.

Try to stay away from:



- **Cat or rodent feces (poop):** If you have a cat, have someone else clean the litter box.



- **Lead:** Old paint or pipes may have lead in them. Don't touch paint or old pipes.



- **Mercury:** Don't touch broken light bulbs or thermometers. Avoid eating fish with a lot of mercury like sea bass, marlin, swordfish, mackerel, ahi tuna, or grouper. Other fish are safer to eat. You can eat 6 ounces (about the size of your palm) of salmon, tilapia, catfish, shellfish, or canned tuna 2 times a week.



- **Pesticides and arsenic:** These chemicals are found in bug sprays or cleaning supplies. They are also on some fruits and vegetables. For more information, talk to your CHN doctor.

If you have questions, talk to your doctor or health educator at your CHN center!