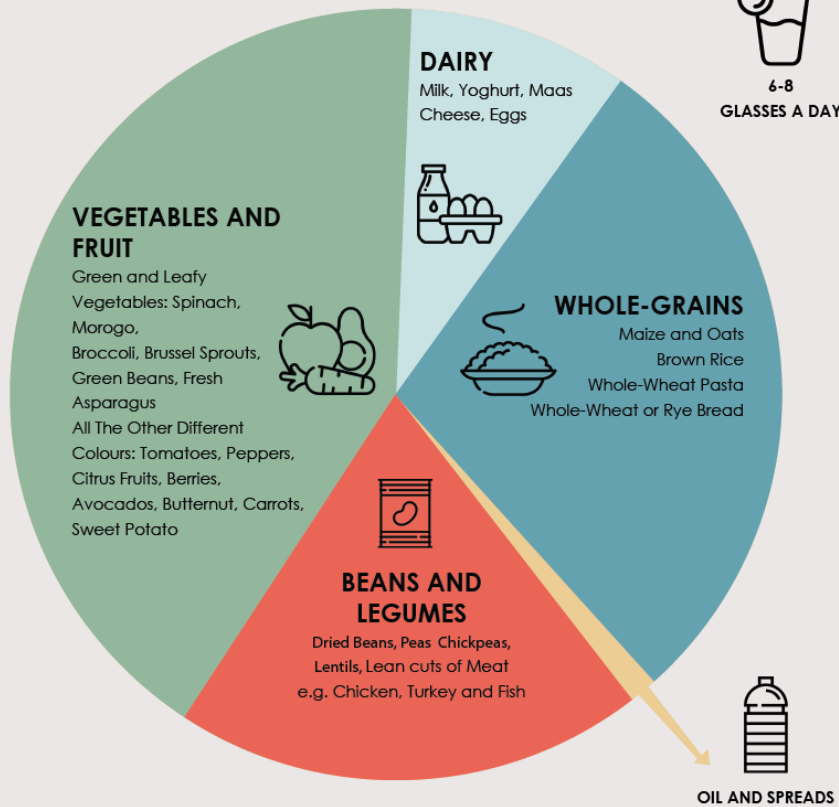


HEALTHY HABITS FOR PREGNANCY

EATING HEALTHY FOOD



WHAT NOT TO EAT DURING PREGNANCY

- Sugar-sweetened beverages
- Cakes and biscuits
- Chocolates and sweets
- Fast food
- Raw food / uncooked fish

WHAT NOT TO DO DURING PREGNANCY

- Do not drink alcohol
- Do not smoke
- Do not take drugs

GETTING ENOUGH PHYSICAL ACTIVITY

These are activities that are safe during pregnancy:

- Walking
- Dancing
- Swimming
- Cycling
- Low-impact exercise
- Stretching and strengthening exercises

PRACTICE CALMING EXERCISES

- Breathe
- Take time out
- Talk to a friend
- Add a little joy to daily activities



KEY MESSAGES:

- Take your pregnancy supplements daily (Iron, Folic acid, Calcium)
To report Stockout of supplements at your clinic call or SMS **084 855 7867**
- Continue to take your medication for HIV, TB and other chronic diseases
- Continue to go to your clinic visits – even in COVID-19 lockdown

REMEMBER: Practice safe hygiene e.g. wear a mask, keep 2m distance, wash hands, and stay at home