

Pregnant? Steps for a Healthy Baby

You can help prevent miscarriage, birth defects or illness.



1. Take a prenatal vitamin with 400 micrograms of folic acid each day.

It is best to start before getting pregnant. Most multi-vitamins have 400 micrograms of folic acid.



2. Do not drink alcohol.

That includes beer, wine, wine coolers and hard liquor. There is no safe amount.

3. Do not smoke.

For help quitting, ask your doctor or call 1-800-NO-BUTTS. Also, avoid second-hand smoke.

4. Do not use any street drugs, including marijuana.

If needed, get counseling. You can ask your doctor for help to get treatment.

5. Check with your doctor before taking any drugs, medicine, or herbs.

Natural products and herbs are not always safe. Tell your doctor about any prescription or over-the-counter drugs you take.

6. Limit caffeine from coffee, sodas with caffeine, and energy drinks.

Do not drink more than one cup each day.

7. Cook your meat until it is well done.

Do not eat raw meat, seafood or eggs. Do not eat hot dogs, luncheon meats, or deli meats unless they are reheated until steaming hot.

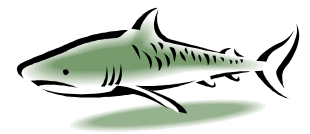
8. Do not share forks, cups, or food with children.

9. Avoid raw milk (not pasteurized) and foods made from raw milk.

Do not eat soft cheeses such as queso fresco, feta or brie unless the labels show they are pasteurized.

10. Do not eat shark, swordfish, tilefish, or king mackerel.

They have higher amounts of mercury.



For other fish, do not eat more than 12 ounces per week.

For more information on fish, see <http://www.epa.gov/waterscience/fish/advice> or call 1-800-532-3749.

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11. Wash your hands with soap and water often.

Be sure to wash when

- leaving the bathroom
- eating or preparing food
- taking care of children or pets
- changing diapers
- being around people who are sick
- getting saliva (spit) on your hands

If there is no soap and water, use alcohol-based hand gel (at least 60% alcohol).



12. Avoid people who are sick.

Stay away from people who have infections, like fevers, rashes, coughs, or sore throats.

13. Avoid exposure to chemicals and fumes.

Use good ventilation and wear protective clothing, like gloves. Never mix cleaning fluids.

Avoid **exposure to lead** in products such as paint, batteries, and imported pottery.

Find out more about **job safety** if you work with pesticides, or in:

- salons
- dry cleaning
- auto repair
- printing
- graphic design
- plumbing
- carpentry
- battery plants
- funeral homes
- factories
- laboratories



14. Do not change cat litter or work in the garden.

If you must change cat litter or garden, wear gloves. Wash your hands after taking off the gloves.

15. Stay away from rodents and their droppings.

If you have wild rodents in or around your home, try to get rid of them. If you have a pet rodent, like a mouse or guinea pig, have someone else care for it until your baby is born.



16. Do not douche.

Douching may cause problems in pregnancy.

17. Avoid raising your body temperature for more than 10 minutes like in a hot tub, a very hot bath, a sauna, or from heavy exercise.

If you have a fever, ask your doctor about medicine to lower it.

18. Avoid X-rays unless ordered by your doctor or dentist.

Be sure to tell health care workers you are pregnant.

19. Get a flu shot.

Flu shots are safe for you and your baby. Pregnant women who get the flu can have serious health problems.



20. Get help if you feel unsafe with your partner.

For domestic violence help, talk to your doctor or call 1-800-799-7233.

For help, call the California Pregnancy Risk Information Line: 1-800-532-3749.

<http://www.otispregnancy.org/otis-fact-sheets-s13037>