

Health Guide for Pregnant Women

Get Prenatal Care

If you think you are pregnant see your doctor right away. Those who have early and constant prenatal care have babies with better health.

Eat Healthy & Take Needed Supplements

Food you eat is the main source for your baby to grow.

- Prenatal vitamins provide folic acid, calcium, and iron to keep you both healthy. Iodine supplements help your baby's brain develop.
- Take care of your oral health. See your dentist to protect both your teeth and gums.

Keep Active & Maintain a Sleep Routine

Exercise can give you a good sense of well-being. Ask your doctor how much is safe for you. Do not overdo it. Try to sleep and wake up at the same time. Rest and nap in the day as you need.

Learn Why You Should Breastfeed

Breast milk is the perfect food for your baby. It can help protect your baby from infections and diseases. It also improves brain growth for your baby!

Know Danger Signs

Watch for signs that something is wrong. Some pregnancy danger signs:

- Bad stomach pain or cramps
- Throwing up often or nausea
- Fever or chills
- Severe or sudden headaches
- Swelling of face or hands
- Vision change (blurred, seeing spots, flashes)
- Bleeding or cramping
- Your baby is moving less than normal

Tip: Always talk to your doctor right away if you have any questions or concerns.

Get Your Vaccines & Avoid Health Risks

Protect both you and your baby from diseases. Ask your doctor about:

- Getting your flu vaccine anytime during pregnancy, and
- Pertussis booster shots during the 3rd trimester.

Learn how to avoid foodborne illness such as listeria and salmonella. Find out how to avoid health hazards such as cat litter and cleaning sprays.

Take Care of Yourself

Many women feel intense sadness, feel more anxious, or have mood swings during or after being pregnant. It is not your fault if you feel this way. There are safe options to help you.

- Talk to your doctor, or
- Call 855-OC-LINKS
(625-4657)

If you need help to make or get a ride to your doctor, call the Health Network number on your health ID card. They will work with you to get the care you need.



Before Your Baby Arrives

- Make home safe for your baby. Take action by checking the safety of where your baby sleeps. Keep emergency numbers near phones.
- Check that you have basics to care for your baby. Many products may overwhelm you. Remember your baby really only needs food, shelter and you.
- Find your baby a doctor a few months before your due date.
- Learn about baby care by attending a newborn class or searching online.
- Talk to your doctor about obtaining an electric breast pump prior to delivery to support your breastfeeding goals.
- Talk to your doctor about choosing a birth hospital.
- Take care of last minute to-do's. Make a birth plan, pack a bag for the hospital and take time off work.
- Infant car seats save lives. Your infant car seat should meet current safety standards. Check that it is properly installed. You will need your infant car seat when you deliver your baby.
- Remember **Safe to Sleep**[®]. Always have your baby sleep on their back. Do not use blankets, pillows, or bumpers. Never sleep in the same bed with your baby.

Room-sharing, not bed-sharing is still the safest way for your baby to sleep.

RESOURCES

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| Cal Optima Customer Services | 1-714-246-8500 or TDD/TTY users can call 1-888-587-8088 |
| Cal Optima Health Education | 1-714-246-8895 or TDD/TTY users can call 1-888-587-8088 |
| Cal Optima Nurse Advice Line | 1-844-447-8441 or TDD/TTY users can call 1-888-587-8088 |
| Text4Baby 1-888-587-8000 www.caloptima.org | No-cost text message reminders with information for pregnant moms and babies. |
| MOMS Orange County 1-800-787-8000 www.momsorangecounty.org | MOMS provides a monthly Home Visit Program and Mommy & Me classes. Callers can also get breastfeeding advice. |
| Orange County Postpartum Wellness Program (OCPPW) 1-714-480-5160 www.ochealthinfo.com/pi | A group for new moms, up to one year after childbirth, who are suffering from depression due to the recent birth of their child. |
| Orange County 2-1-1 2-1-1 or call 1-800-600-4357 www.211oc.org | List of community resources to help with basic needs like food, shelter, and clothing. 24 hours a day, 7 days a week. |
| Orange County Health Referral Line 1-800-564-8448 | Help getting access to health services and community resources. |
| Women, Infants, and Children (WIC) 1-888-968-7942 1-888-942-9675 | Provides checks for healthy supplemental food, nutrition education, and breastfeeding support. |
| March of Dimes – Orange County Division 1-949-263-1100 www.marchofdimes.org | Information on pregnancy, childbirth, and self-care after birth. |
| Safe to Sleep [®] www.nichd.nih.gov/sts/Pages/default.aspx | Resources for parents and health care providers about safe sleep for babies. |
| Healthy Children www.healthychildren.org | Tips for parents from the American Academy of Pediatrics. |
| Women's Health www.womenshealth.gov/pregnancy/index.html | Facts on staying healthy for women at any age. |

