

## Healthy Pregnancy Tips At-a-Glance

<u>Dos</u>	<u>Don'ts</u>
<u>Get all essential vitamins and minerals every day.</u>	<u>Don't eat fish with lots of mercury.</u>
<u>Get 400 micrograms (or 0.4 mg) of folic acid daily.</u>	<u>Don't disregard foodborne illness.</u>
<u>Eat a healthy diet.</u>	<u>Don't use chemicals.</u>
<u>Gain a healthy, not excessive amount of weight.</u>	<u>Don't clean or change a cat's litter box.</u>
<u>Get enough sleep.</u>	<u>Don't take very hot baths, hot tubs, or saunas.</u>
<u>De-stress.</u>	<u>Don't use scented feminine hygiene products.</u>
<u>Get Moving!</u>	<u>Don't douche.</u>
<u>Get a handle on health problems.</u>	<u>Don't have optional x-rays.</u>
<u>Ask your doctor before taking any medicines.</u>	<u>Don't smoke.</u>
<u>Consider getting a flu shot.</u>	<u>Don't drink alcohol.</u>
<u>See your doctor regularly.</u>	<u>Don't use illegal drugs.</u>
<u>Wear your seat belt correctly.</u>	
<u>Ease the aches and pains.</u>	