

Contact the nearest healthcare facility if you experience at least one of the following signs and symptoms:

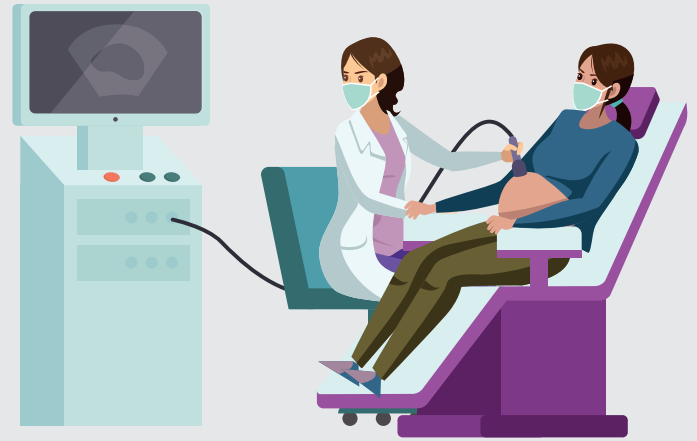
- Excessive nausea and vomiting
- Severe headache
- Blurred vision
- Seizures
- Vaginal spotting and bleeding
- Fever
- Swelling in the face, hands, legs, and feet
- Shortness of breath causing you to struggle with daily activities
- Frequent urination, burning sensation during urination, groin and abdominal pain, and blood in the urine
- Contractions before real labor starts
- Decreased or absent fetal movement
- Watery, urine-like vaginal discharge

YOU CAN ACCESS ANTENATAL CARE SERVICES AT PRIMARY HEALTHCARE INSTITUTIONS AND HOSPITALS

When to start antenatal care

It is essential that the expectant person has check-ups a minimum of 4 times during pregnancy to maintain a healthy pregnancy, protect herself and the baby, and recognize risks at an early stage.

- 1st Follow-up:** Within the first 14 weeks of gestation
- 2nd Follow-up:** Weeks 18-24
- 3rd Follow-up:** Weeks 28-32
- 4th Follow-up:** Weeks 36-38



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RIGHT PLACE, QUALITY SERVICES

Contact the nearest **Migrant Health Centre** for more information and support



www.sihhatproject.org



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هذا المشروع تم تمويله من قبل الاتحاد الأوروبي

Healthy Pregnancy HEALTHY BIRTH



You can prevent maternal and infant deaths, diseases, and disabilities through antenatal care.



What to expect during medical examinations?

- You will be asked about personal information, health status, past illnesses and operations, vaccinations, treatment, and pregnancy history.
- You will be offered a physical and obstetric examination.
- Your height, weight, and blood pressure will be measured and the gestational age will be identified. The fetal status, position, and heart rate will be checked.
- Your blood and urine will be tested.
- If your pregnancy is considered high-risk, you will be referred to a more advanced healthcare facility if your pregnancy is considered high-risk.
- You will be asked about prior tetanus vaccination and you will get the necessary vaccines **free of charge** as per the National Vaccination Calendar.
- You will be provided with pre-pregnancy counseling and awareness training by healthcare professionals to learn more about cleanliness, general body care, oral and dental health, nutrition, drug use, sexual life, breastfeeding, and birth control methods.

Get at least 4 medical check-ups during your pregnancy.

Make a decision on where to give birth in the last month of your pregnancy.

Maternal and fetal health depend on the continuity of medical checkups from the first day of pregnancy until the end of labor and delivery in a hospital.

Obtain vitamin D and iron supplements which are provided **FREE OF CHARGE** at primary healthcare facilities and take these regularly.