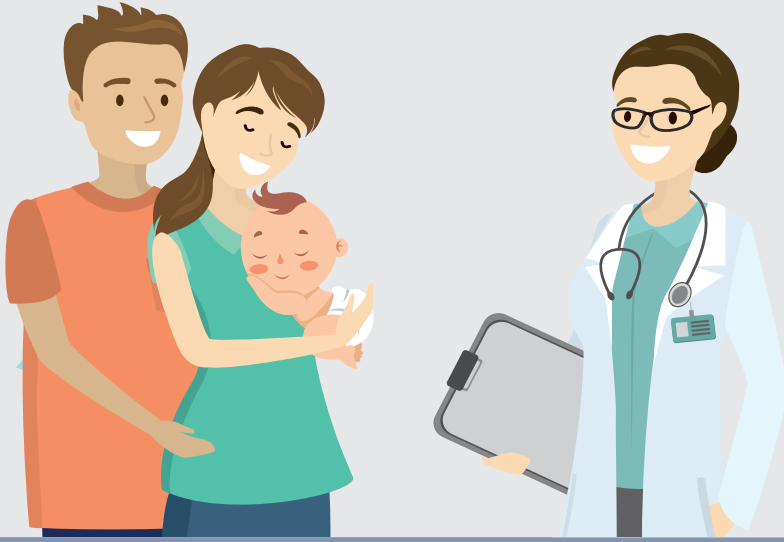
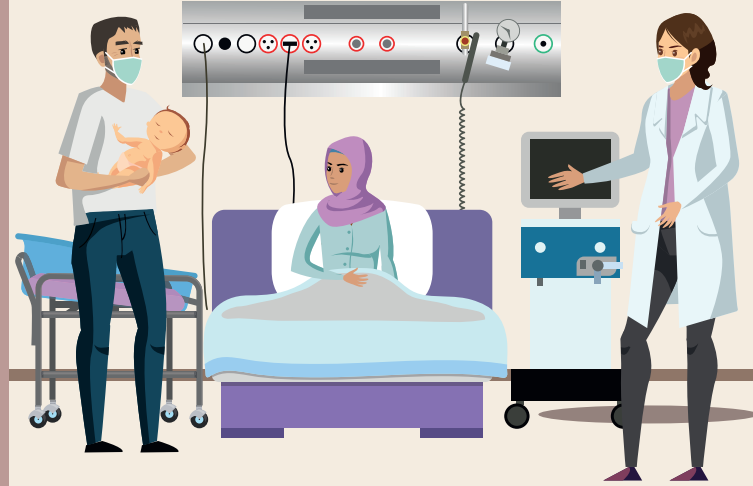


The importance of postnatal care:

- Prevents problems that may threaten the life of mother and baby.
- Offers guidance on general body and genital care are offered.
- Supports breast milk and breastfeeding.
- Covers counselling on birth control methods.
- Includes tetanus vaccination as per the vaccination status.



You can have your postnatal check-ups at the hospital where you gave birth, Family Health Centers, and the nearest Migrant Health Centers.

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RIGHT PLACE, QUALITY SERVICES

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



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POSTNATAL CARE IS IMPORTANT

for the mother and the baby



WHEN TO GET POSTNATAL CARE

Within 24 hours of birth;

First follow-up; in 0-1 hours

Second follow-up; in 1-6 hours

Third follow-up; in 6-24 hours

Within 24 hours of birth;

Fourth follow-up; on days 2-5

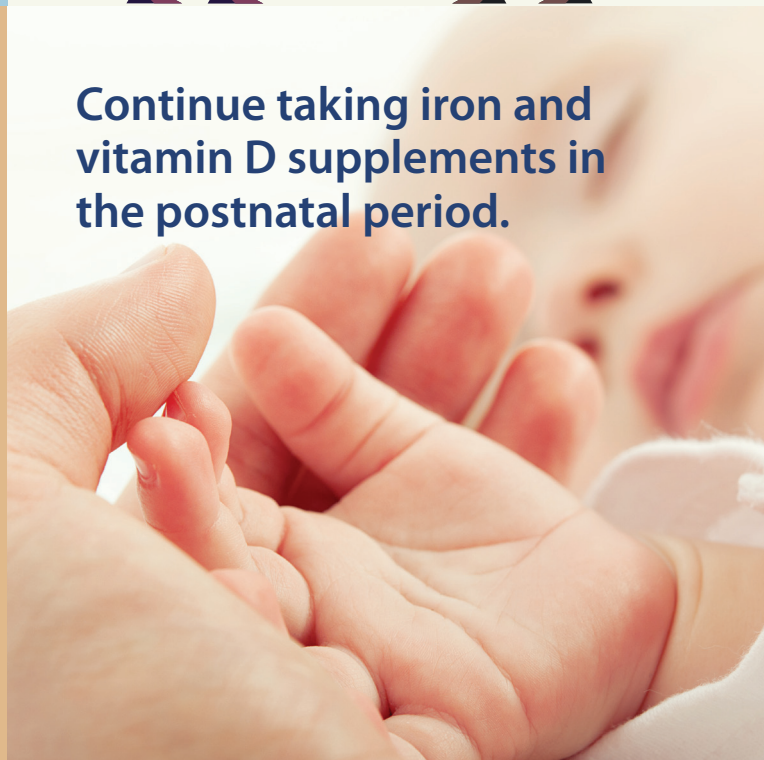
Fifth follow-up; on days 13-17

Sixth follow-up; on days 30-42

- During the puerperal period, maintain the cleanliness of your body and genitals, maintain a healthy diet, get enough sleep, and rest.
- According to scientific studies, it takes at least 2 years for the mother to prepare herself physically and mentally for the next birth.
- After giving birth, if possible, seek counseling together with your partner to prevent unwanted pregnancy and decide on the birth control method that suits you best.



Continue taking iron and vitamin D supplements in the postnatal period.



Which signs and symptoms are critical after childbirth?

- Heavy and abnormal bleeding
- Chills and fever
- Seizures and vomiting
- Breast engorgement, redness, tightness, and difficulty in breastfeeding
- Extreme abdominal pain
- Painful urination and bowel movements
- Inability to urinate and have bowel movements
- Urinary incontinence
- Foul-smelling discharge
- Pain in the legs and calves
- Sudden chest pain, difficulty breathing, and labored breathing
- Severe headache

CONSULT A HEALTHCARE PROFESSIONAL OR A FACILITY IF YOU EXPERIENCE EVEN ONE OF THESE SYMPTOMS.