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# POSTNATAL CARE

is important for both the mother and the baby.



It takes at least 2 years for the mother to prepare herself physically and mentally for the next birth.

To minimize maternal and infant mortality, postnatal care should be provided as follows:

## 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

## Later on;

**Fourth follow-up:** on days 2-5  
**Fifth follow-up:** on days 13-17  
**Sixth follow-up:** on days 30-42

**RIGHT PLACE, QUALITY SERVICES**

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