

➤ Other Resources:

- ✓ **WIC:** Free supplemental food and nutrition counseling for pregnant or breastfeeding women and children up to age 5. Please call your local office for information.
- ✓ **Nurse-Family Partnership:** A program to help first-time low-income parents. A nurse provides home visits during pregnancy and the first two years of the child's life. Please call your local office for information.
- ✓ **Immunizations:** Special clinics are located throughout the area. Please call 303-451-0123 for fees and appointments.
- ✓ **Presumptive Eligibility:** A program for pregnant women and children to help apply for Medicaid and CHP+. Please call 303-363-3013 for appointments.



ADAMS COUNTY
HEALTH DEPARTMENT
Your Health. Our Mission.

- 15400 E. 14th Place, 3rd Floor
Aurora, CO 80011
303-363-3010
- 410 S Wilcox Street,
Castle Rock, Co 80104
303-663-7650
- 4857 S. Broadway
Englewood, CO 80113
303-783-7140
- 1401 W 122nd Ave
Westminster, Co 80234
303-255-6222
- 7000 N. Broadway, Suite 400
Denver, CO 80221
303-439-5980

**We can help you make
these changes-just ask!**

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Thinking About Getting Pregnant?

**Plan Ahead for a
Healthy Pregnancy.**

➤ What can I do before I get pregnant?

- ✓ **Start taking prenatal vitamins with Folic Acid right away.** This helps to prevent birth defects of your baby's brain and spinal cord. 400-800 mcg of folic acid is recommended.
- ✓ **Stop drinking alcohol.** There is no safe amount of alcohol at any time during pregnancy. Using alcohol during pregnancy can increase your baby's risk for fetal alcohol syndrome, low birth weight, birth defects and problems with learning & development.
- ✓ **Quit smoking, vaping or chewing tobacco.** Smoking, chewing and vaping of any kind is harmful. It can cause your baby to be born too early or born too small and can also cause miscarriages and sudden infant death. There are counselors available to help you quit. Call the Colorado Quit Line at **1-800-639-QUIT (7848)**. The service is free of charge and they will help you with the tools you need to quit.
- ✓ **If you use street drugs, including painkillers or marijuana, stop now.** They may cause serious health and behavioral problems, early birth, low birth weight or even fetal death. Babies exposed to drugs can be born addicted and go through withdrawal. If you need help stopping, call **(303) 832-3784 (DRUG)**
- ✓ **If you take prescription or over the counter medications,** check with your doctor to see if it is safe to use during pregnancy.
- ✓ **Make sure your vaccinations are up to date.** This keeps you healthy and may keep your baby from getting sick.

➤ What should I eat to stay healthy?

- ✓ **Being at a healthy weight is important.** Being underweight or overweight puts your baby at risk for health problems before and after being born.
 - Women who are overweight or obese can have trouble getting pregnant. Being overweight can also cause diabetes, high blood pressure and other health problems during pregnancy.
 - Women who are underweight may not have regular periods which may make it hard to get pregnant. Being underweight can lead to early delivery and low birth weight. Babies can have trouble breathing and getting adequate nutrition after they are born. They can have developmental delays as well.
- ✓ **Nutrition:** Your daily diet should have foods from each of the 5 food groups listed:
 - ◆ **Fruit: 2-3 servings per day.** Try different colors to get a good variety
 - ◆ **Vegetables: 2-3 servings per day.**
 - ◆ **Milk/Dairy: 3-4 servings per day.**
 - ◆ **Grains: 6-8 servings per day.** Make half of your grains whole grains.
 - ◆ **Meat/Protein: 2 servings per day.**
- ✓ **Drink lots of water.**
- ✓ **Limit caffeine**
- ✓ **Exercise daily.** Try to get 150 minutes of moderate physical activity each week. Walking or swimming are good activities that you can do when pregnant, too.

➤ What else can I do?

- ✓ **Manage Stress and Mental Health**
Be aware of things that can cause stress and make a plan to help you manage or reduce your stress.
 - Try to get at least 6-8 hours of sleep every night.
 - Exercise to help reduce stress and elevate your mood.
- ✓ **Get help for violence.** If someone is hurting you, get help before you get pregnant. **Call 1-800-799-7233 (SAFE)** for help.
- ✓ **Get tested for STI's.** Some can cause problem with getting pregnant and can cause preterm delivery. Some STI's including HIV can be passed on to the baby. Talk to your partner about being mutually monogamous. Use condoms correctly and consistently, until you are trying to get pregnant.
- ✓ **Avoid Environmental Risks.** Practice good hand washing to prevent getting sick. Avoid contact with others who are sick, including small children.
 - Have your partner change the litter box if you have cats, especially if they are outdoor cats. If you garden, wear gloves.
 - Review any cleaning products you use around your home for potential exposure to harmful chemicals.
- ✓ **Learn your Family History-** Knowing your and your partner's family history is important. Knowing if there are health problems that can be passed on to your child can help your provider take care of you and your baby during your pregnancy.