

## ➤ Warning Signs in Pregnancy

- ✓ Call your provider or go to the closest Emergency Room if you:
  - Have vaginal bleeding or cramping.
  - Notice either a slow trickle or a “gush” of fluid from your vagina.
  - Have belly pain that is not relieved by changing positions, emptying your bladder, and/or changing your activity.
  - Have pain or burning when you urinate/pee.
  - Have vaginal discharge that smells bad, is irritating or is yellow or green.
  - Have a fever lasts longer than 24 hours or is over 100.4°F.

## ➤ Other Resources:

- ✓ **WIC:** Free supplemental food and nutrition counseling for pregnant or breastfeeding. Please call your local office for information.
- ✓ **Nurse-Family Partnership:** A program to help first-time low-income parents. with 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.*

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Westminster, CO 80234  
303-255-6222
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Denver, CO 80221  
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Visit us at  
<https://adamscountyhealthdepartment.org/sexual-health>



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

“This brochure was developed (in part) with federal funds from the Office of Population Affairs grant.”



# Pregnant?

**How to have a healthy pregnancy for you and your baby.**

➤ **What can I do so that my baby will be born healthy?**

- ✓ **Start prenatal care as early as possible.** Apply for Medicaid or CHP+ so you can start getting regular check-ups during your pregnancy.
- ✓ **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)**
- ✓ **Get help for violence.** If someone is hurting you, get help before you get pregnant. Call **1-800-799-7233 (SAFE)** for help.

- ✓ **If you take prescription or over the counter medications,** check with your doctor to see if it is safe to use during pregnancy.
- ✓ **Exercise daily.** Walking is the best exercise you can do while pregnant. Swimming is also good. Check with your doctor about what exercise is best for you during your pregnancy.
- ✓ **Managing 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.

**Depression** is very common in women, especially in women. It is estimated that 14%-23% of pregnant women experience depression during pregnancy, and 5%-25% experience depression postpartum.

- Talk to your provider if you feel you are experiencing depression.
- Depression causes a mix of emotional and physical symptoms. You may have depression if you have five of the following symptoms most of the day, every day, during a 2-week period.
  - Sad or depressed mood, Loss of interest or pleasure in activities you used to enjoy **AND**
  - Trouble sleeping or sleeping too much
  - Feeling tired or have no energy
  - Feelings of worthlessness or guilt
  - Having trouble making decisions
  - Thoughts of death or suicide

**Call the Colorado Crisis Services at toll-free number 1-844-493-TALK (8255) or text TALK to 38255**

- ✓ **Nutrition:** Your daily diet should have foods from each of the 5 food groups listed:
  - ◆ **Fruit: 2-4 servings per day.** Try different colors to get a good variety
  - ◆ **Vegetables: 2-4 servings per day.**
  - ◆ **Milk/Dairy: 3-4 servings per day.**
  - ◆ **Grains: 6-11 servings per day.** Make half of your grains whole grains.
  - ◆ **Meat/Protein: 2-3 servings per day.**
- ✓ **Don't skip meals.** Eat 3-6 small meals per day to help with nausea.
- ✓ **Drink 64 ounces of water every day.**
- ✓ **Limit caffeine**
- ✓ **I have a cat:** You should follow these tips to reduce possible exposure to the Toxoplasma parasite. The infection can cause blindness or brain damage to your baby.
  - Avoid changing cat litter. If no one else can, then wear gloves and wash hands with soap and warm water after.
  - Keeps cats indoors & avoid stray cats, especially kittens.
  - Wear gloves when gardening or working with soil or sand.
- ✓ **Environmental Risks**
  - Practice good hand washing to prevent getting sick. Avoid contact with others who are sick, including small children.
  - Review any cleaning products you use around your home for potential exposure to harmful chemicals.

# Folic Acid

**All women of childbearing age should take a vitamin that contains 400 mcg of folic acid each day, as well as eating foods high in folic acid.**

You probably know that it is important to eat well while you are pregnant but... did you know it is important for you to eat well **before** you get pregnant?

If you are healthy and eating many types of good food when you become pregnant, you'll have a much better chance of having a healthy baby.

## **What is Folic Acid?**

One nutrient that is very important before you're pregnant and in the early stages of pregnancy is folic acid. This is one of the B vitamins and is found in many foods. Research shows that adequate folic acid can help prevent serious birth defects.

**It is very important that you include foods with folic acid in your eating plan every day. The good news is that it's easy to get folic acid from the foods you eat every day!**



Beans are a great source of folic acid!

## **What Foods Contain Folic Acid?**

Rich sources of folic acid contain more than 80 mcg per serving:

- Beans (black, pinto, navy, kidney, lima, garbanzo)
- Peas (black-eyed, green, split) and lentils
- Fortified breakfast cereals
- Enriched rice and pasta
- Sunflower seeds
- Spinach
- Turnip greens
- Asparagus
- Orange juice

Other sources include the following:

- Enriched breads
- Peanuts and peanut butter
- Romaine lettuce
- Mustard greens
- Brussels sprouts
- Avocado
- Broccoli
- Beets
- Artichokes
- Baked potato with skin
- Papaya and pineapple juice

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# Nutrition in Pregnancy

A healthy pregnancy diet will promote your baby's growth and development.

There's no magic formula for a healthy pregnancy diet. In fact, during pregnancy the basic principles of healthy eating remain the same — get plenty of fruits, vegetables, whole grains, lean protein and healthy fats

Your daily diet should have foods from each of the 5 food groups:

**Fruit:** 2-4 servings per day. Try different colors to get a good variety

- 1 medium apple, banana, or orange.
- ½ cup chopped, cooked, or canned fruit.
- ½ cup fruit juice.
- ¼ cup dried fruit such as raisins

**Vegetables:** 2-4 servings per day. 1 C salad greens or ½ C raw/cooked vegetables = 1 serving

- Dark-green leafy vegetables (spinach, broccoli).
- Starchy vegetables (potatoes, corn, peas).
- Deep yellow or orange vegetables (carrots, sweet potatoes, squash).
- Legumes (chick peas and all types of beans).

**Milk/Dairy:** 3-4 servings per day.

- 1 cup milk or yogurt.
- 1 ½-2 oz. of cheese.
- 1 cup of cottage cheese.

**Grains:** 6-11 servings per day. Make half of your grains whole grains.

- 1 slice of whole-grain bread or ½ English muffin or bread roll.
- ½ of a large pita or flatbread or 1 small tortilla.
- 1 ounce (¾ cup) of cold cereal.
- ½ cup cooked cereal, rice, or pasta.

**Meat/Protein:** 2-3 servings per day.

- 2-3 oz. cooked lean meat, poultry, fish or meat substitute like a veggie burger.
- 2 eggs.
- 4 tablespoons peanut butter or ¼ cup nuts.

**Don't skip meals.** Eat 3-6 small meals per day to help with nausea.












**Drink 64 ounces of water every day!**



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## WHEN TO CALL YOUR PROVIDER'S OFFICE

If you cannot reach your provider and symptoms are present or worsening call 911 or go to the nearest emergency room

-  **BLEEDING FROM YOUR VAGINA**  
Call if you have bleeding and cramping begins.
-  **LEAKING OF FLUID FROM YOUR VAGINA**  
Call if you notice either a slow trickle or a “gush” of fluid from your vagina.
-  **INCREASE OR CHANGE IN VAGINAL DISCHARGE**  
Call if you have discharge that is more than usual, colored, smells bad, and/or irritating.
-  **SHARP OR CONTINUOUS BELLY PAIN**  
Call if pain is not relieved by changing positions, emptying your bladder, and/or changing your activity.
-  **SEVERE AND/OR CONTINUOUS VOMITING**  
Call if you are unable to hold food and/or fluids down for more than 24 hours.
-  **THE BABY MOVES LESS THAN YOU ARE USED TO**  
Call if you are concerned about the baby's movement. Movement is usually felt sometime after the 20<sup>th</sup> week. If you think the baby isn't moving, eat drink something sweet, empty your bladder, lie on your left side and check the baby's movement. If you are still concerned about the baby's movement, call your provider immediately.
-  **DEPRESSION**  
Call if you have sad feelings, feel very anxious or have a loss of interest in doing things you used to enjoy that lasts for more than two weeks.
-  **PAIN WITH URINATION**  
Call if you have pain or burning when you urinate/pee. It may be normal to feel you have to urinate often during pregnancy.
-  **FEVER**  
Call your provider if your fever lasts longer than 24 hours or is over 100.4°F.
-  **HEADACHES OR CHANGES IN VISION**  
Call if you have blurry vision, spots before your eyes, or flashes of light.  
Call if you experience a severe or continuous headache that is not normal for you.
-  **SUDDEN SWELLING OF FACE, HANDS OR FEET**  
Call if the swelling comes on suddenly or you are concerned.





The Health Enrollment Team at Adams County Health Department can help with Medicaid, CHP+, and Connect for Health Colorado applications!

El Equipo de Registro para Servicios de la Salud del Departamento de Salud del Adams County pueden ayudar con las aplicaciones para Medicaid, CHP+, y Connect for Health Colorado!

**Please contact 303.363.3013 or email [healthenrollment@adcogov.org](mailto:healthenrollment@adcogov.org) for any of these services:**

- Enrollment assistance with Medicaid, CHP+, and Connect for Health Colorado applications
- Troubleshooting enrollment issues with Medicaid, CHP+, and Connect for Health Colorado
- Changes in household information affecting enrollment
- Completing applications by phone, by video or in person

**Por favor, contáctese al 303.363.3013 o por email al [healthenrollment@adcogov.org](mailto:healthenrollment@adcogov.org) para cualquiera de estos servicios:**

- Asistencia con las aplicaciones para registrarse a Medicaid, CHP+ y Connect for Health Colorado
- Respuestas y ayuda con dificultades para registrarse a Medicaid, CHP+, y Connect for Health Colorado
- Cambios en la información sobre su situación en el hogar que afecten su registro
- Completar las aplicaciones por teléfono, por video o en persona



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