

TIPS FOR A HEALTHY PREGNANCY

Keep your baby & yourself healthy to protect against viruses and diseases. Viruses like COVID-19 and the flu can be fought by making sure you are following these steps!

Consistently
take prenatal
vitamins

Exercise

Eat whole,
healthy
foods

Take
vitamin C,
B12,
Magnesium,
Vitamin D &
Folate

Attend your
prenatal visits
regularly

