

HOW TO AVOID STILLBIRTH

1



Keeping active and exercising daily helps lower the chances of a stillbirth

KEEP ACTIVE

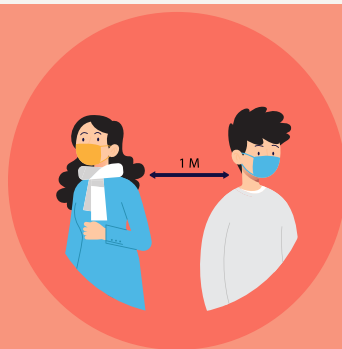
2

Another one of the healthy practices one can do to lower their chances of stillbirth is eating healthy foods



EAT HEALTHY

3



Be mindful enough to distance yourself from sick people as you might get infected and this would result to a birth defect

AVOID SICK PEOPLE

4

Pregnant or not, it is already inherent that one should avoid smoking and distance yourself from someone smoking



AVOID SMOKING

5



Growth and central nervous system problems (e.g., low birthweight, behavioral problems) can occur from alcohol use anytime during pregnancy.

AVOID DRINKING ALCOHOL