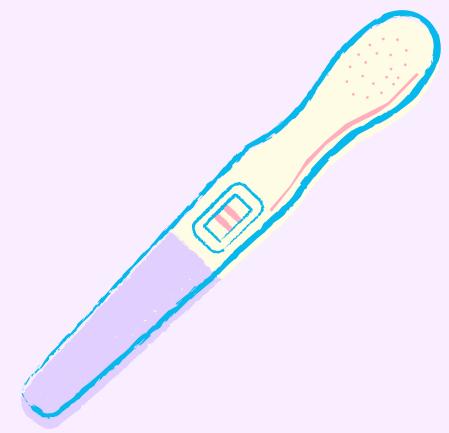


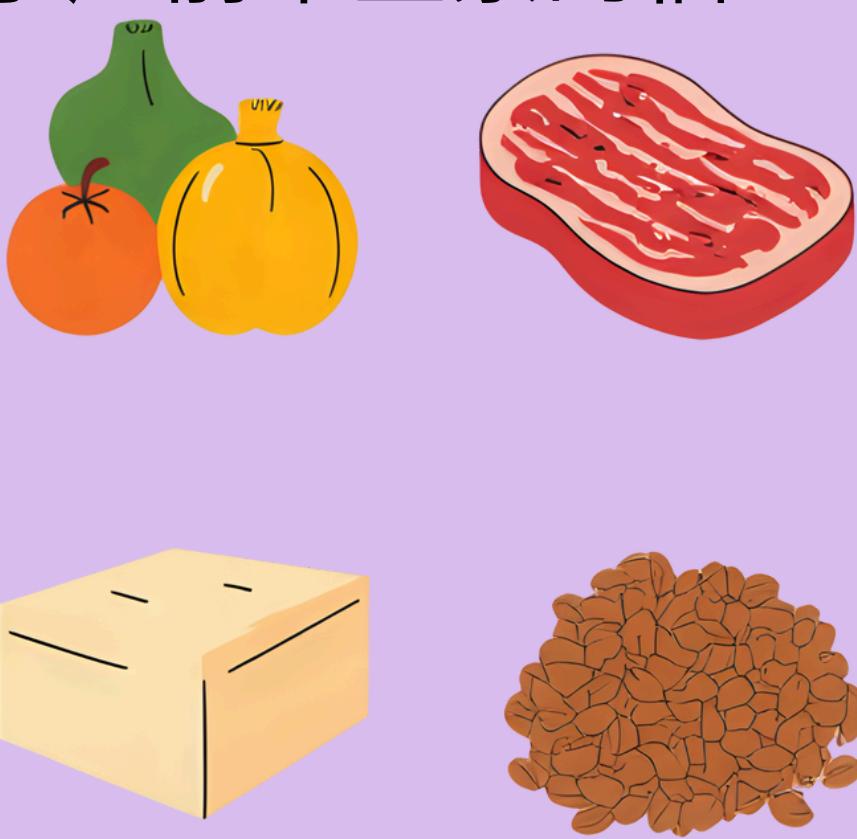


懷孕照護



做

- 定期就医
- 每天睡眠7-9小时
- 饮食：
 - 水果和蔬菜
 - 肉类和豆腐
 - 乳制品 - 牛奶（或替代品）
 - 坚果和种子
 - 多喝水
- 咨询医生关于产前维生素的信息
- 定期锻炼



不要做

- 别让压力困扰你！
- 不要使用桑拿、热水浴缸或泡热水澡。
- 避免吸烟、指甲油、杀虫剂、女性香氛产品和宠物粪便等有毒化学物质。
- 避免：
 - 生肉
 - 高汞鱼类：金枪鱼、鳕鱼
 - 咖啡因含量超过 200 毫克
 - 任何酒精



资源

- 妇女援助中心 (Women's Aid Center): 一家提供免费妊娠测试、普通妇科、计划生育、超声波诊断和实验室测试的私人医疗中心。
- 妇女、婴儿和儿童 (Women, Infants, and Children): 这是一项营养教育计划，为孕妇、产后和哺乳期妇女及其婴儿和儿童提供免费营养咨询和补充食品。
- 家庭联系芝加哥 (Family Connects Chicago): 为有新生儿的家庭提供免费上门护士服务。

Pregnancy Care

DO

- Visit your doctor regularly
- Sleep 7-9 hours every day
- Eat:
 - Fruits and vegetables
 - Meat and tofu
 - Dairy - milk (or alternatives)
 - Nuts and seeds
- Drink lots of water
- Talk to your doctor about prenatal vitamins
- Exercise regularly



DON'T

- Don't let stress get to you!
- Don't use saunas, hot tubs, or take hot baths
- Avoid toxic chemicals from smoking, nail polish, pesticides, scented feminine products, and pet waste
- Avoid:
 - Raw meat
 - High-mercury fish: tuna, cod
 - More than 200 mg of caffeine
 - ANY Alcohol



Resources

- [Women's Aid Center](#): a private medical center that offers free pregnancy tests, general gynecology, family planning, ultrasonic diagnostics, and laboratory tests.
- [Women, Infants, and Children \(WIC\)](#): a nutrition education program that provides free nutrition counseling and supplemental food to pregnant, post-partum, and breastfeeding women, their infants, and children.
- [Family Connects Chicago](#): free in-home nurse visits for families with newborns.