Pregnant?

Congratulations!

Remember the health of your baby depends on your health.

- Start going to the clinic as soon as you know that you are pregnant.
- Eat enough foods of different kinds to remain healthy and to make sure your baby grows and develops well.
- Go for counselling and HIV testing to know whether you have HIV or not. This will help you to protect your baby from HIV.
- Ask your partner to go for counselling and HIV testing also.

For more information, visit your health centre.