lives of pregnant women matter

1. Start antenatal clinic as soon as you miss your period

2. Attend antenatal clinic regularly and follow instructions of health workers

3. Wash your hands frequently to avoid infection
   - before touching food items
   - before and after eating
   - after going to toilet or passing urine
   - after handling baby or sick child

4. Do not treat suspected infections by yourself: visit the nearest health facility for advice