

COMMUNITY HEALTH INFORMATION CARDS



EDUCATING EACH OTHER ON HEALTHY LIVING



Community Health Information Cards can help Neighborhood Health Committees (NHCs) to:

- Share health information with the community
- Think about and discuss important health issues with the community, why they happen, and what the community can do about them
- Encourage community members to plan, carry out, monitor and evaluate action plans that try to solve health issues using existing resources
- Help refer community members to appropriate resources such as health workers and health care facilities

How to lead successful discussions using Community Health Information Cards:

Before a Discussion

- Read and become familiar with the information on the cards.
- Ask a health worker for help with understanding any difficult or unclear information or to explain difficult topics to the community.

Health Issues:

- **Red: HIV and AIDS**
- **Orange: Reproductive Health**
- **Blue: Child Health**
- **Purple: Community Concerns**
- **Green: Malaria**

Topic: Says what the card is about

Key Words: Discuss meanings in local language

Written Information: Question and answer format (some topics have reference pages for more information)

Activity Box: Designed to help understand, remember and do something about the information on the card

Treating Malaria (Especially in Young Children)

Key Words: Fever, chills, sweating, weakness, nausea, vomiting, diarrhea, loss of appetite, loss of weight, loss of energy, loss of interest in food, loss of interest in school, loss of interest in work, loss of interest in life.

Written Information: A person experiencing any of the following should be taken to the clinic as soon as possible. Headaches, chills, fever, body aches, sweating, weakness, nausea, vomiting, diarrhea, loss of appetite, loss of weight, loss of energy, loss of interest in food, loss of interest in school, loss of interest in work, loss of interest in life.

Activity Box: What should you do if you or a family member has a fever? A fever is the body's way of telling us there is something wrong. We should listen to our body and go to the clinic as soon as possible to get it treated. Children under 5 and pregnant women should be taken immediately to the clinic. All others should seek care within the first 24 hours (day) of having a fever and any one of the other symptoms.

Why is malaria more dangerous for pregnant women and children under 5? Children under 5 can die or become very ill. Pregnant women can also become very ill. Malaria can be passed from mother to child. A pregnant woman who has malaria can pass it to her fetus. This can be very dangerous for the fetus. What will they do at the clinic? The health worker will give you medicine and tell you how to take it. If you are pregnant, the health worker will give you medicine and tell you how to take it. If you are pregnant, the health worker will give you medicine and tell you how to take it. If you are pregnant, the health worker will give you medicine and tell you how to take it.

Picture: Designed to capture attention and encourage thought and discussion

The illustration shows a health worker in a white uniform attending to a child. Step 1 shows the health worker examining the child. Step 2 shows the health worker giving the child medicine. Step 3 shows the health worker talking to the child's mother. Step 4 shows the health worker giving the mother instructions. The illustration is divided into four numbered sections.

During a Discussion

- Remind everyone to listen quietly and respectfully, give everyone a chance to speak, and avoid interrupting others.
- Make all participants feel comfortable to express their opinions and ask questions.
- Help participants understand that the goal is not to be right but to try to understand the topic and one another's views on it.
- Remain neutral and help keep the discussion going without forcing your own views on others.
- Try to ensure that everyone has a chance to be heard and that no one dominates. Encourage quieter people to contribute, but do not force them.
- Explain the health issue and get community members interested in and excited about doing something individually and together that helps solve the problem.
- Ask the community questions based on the information in the cards. Correct any misinformation gently without embarrassing the person who has answered incorrectly.
- Keep track of important points and summarize from time to time.
- Bring the group back to the key topic if discussion goes off course.
- If someone asks a question you cannot answer, tell them you will ask a health worker and get back to them or invite a health worker to discuss the topic.
- Do not use too many cards or provide too much information at one time as this can make it hard for community members to understand and remember the information.

At the End of a Discussion

- Ask participants to summarize key information and discussion points. Add any information they missed.
- Refer participants to health workers or health care facilities for more information, assistance and services.
- Thank participants for coming, listening carefully, and being willing to share their views.

Key Words

Discuss what the following words or terms mean in your language:

Sexually Transmitted Infections (STIs)
Unprotected sex
Condom
Private parts
Signs and symptoms
Ulcers
Sores
Swelling
Groin area
Burning when urinating
Itchy
Pus
Treatment
Health worker
Unable to have children
Miscarriages
Cancer
Brain damage
Abstinence

Sexually Transmitted Infections (STIs)

What are **sexually transmitted infections (STIs)**, also known as **STDs**?

- Infections that are spread from person to person by having **unprotected sex** (sex without a **condom**)
- An infection of a person's **private parts** (some **STIs** can spread to the rest of the body)

What are some common **STIs**?

- Syphilis
- Gonorrhea
- Lymphogranuloma Venerium
- Trichomoniasis
- Candidiasis (yeast)
- Public lice (crabs)
- Warts (HPV)
- Chlamydia
- Herpes type 2
- Hepatitis B
- HIV

How do you get an **STI**?

- Having **unprotected sex** (sex without a **condom**) with an infected person(s)
- **Unprotected sex** with someone who has many sexual partners
- An infected mother can give some **STIs** to her child before, during, or after birth through breastfeeding
- Yeast infections and bacterial vaginosis can start without any sexual contact but can be spread through **unprotected sex**

How do you know if you have an **STI (signs and symptoms)**?

- Pain in lower belly
- **Ulcers** or **sores** on the **private parts**
- **Swelling** in the **groin area**
- **Burning** or pain when **urinating**
- **Itchy private parts**
- Yellow/green **pus** from **private parts**
- Smelly or clumpy white **pus** from **private parts**

Some **STIs** have no **signs or symptoms** for a long time but can be very dangerous (e.g. HIV, hepatitis, syphilis).

If you think you have an **STI**, what should you do?

- Go to a health facility and get **treated**
- Take all the medication you have been given as the **health worker** has advised
- Do not stop taking medication when you feel better! You must finish taking all the medications as instructed or the infection may come back worse
- Use **condoms** when having sex until you are well and have finished all your medication
- Tell all of your sexual partners to go for **treatment**

What will happen at the health facility?

Health worker will:

1. Talk to you in private
2. Do an exam
3. May do some tests
4. Give you medication

Everything that you and the **health worker** talk about will be kept just between the two of you.

What can happen if you do not get an **STI treated**?

- Greatly increases risk of getting HIV
- **Unable to have children** in the future
- **Miscarriages**
- Can pass **STI** to child during pregnancy, childbirth or while breastfeeding
- Damage to **private parts**
- **Cancer** of the **private parts**
- Possible **brain damage**
- Some may lead to death

How can you protect yourself from **STIs**?

- **Abstinence** (do not have sex)
- Have only one sexual partner who does not have an **STI**
- Use a new **condom** correctly and every time you have sex



Key Words

Discuss what the following words or terms mean in your language:

Family planning
Contraceptive
Recover
Healthier
Breastfed
Weaning
Unplanned pregnancy
Attention
Developing
Severe problems
Condoms
Abstinence
Prevent
Sexually Transmitted Infections (STIs)
Dangerous
Unborn baby

Family Planning

Family planning is when a man and a woman talk about:

- When or if they would like to have children together
- How many children they want to have
- How many years apart each child should be born

Then use a **contraceptive** or **family planning** method at times when they do not want the woman to get pregnant.

What are the benefits of family planning?

- Improves the health and lives of all people, especially women and children, but also men
- Gives a mother's body time to **recover** between births
- Mother will be stronger, healthier, and less tired
- Baby will be stronger and healthier
- Each baby can be **breastfed** longer
- The baby will get better food to eat after **weaning**
- Removes the fear of having an **unplanned pregnancy**
- Parents can give more **attention** to each child
- There is more room or space in the house
- Smaller families are easier to feed, clothe and educate
- Children will be more likely to go to school longer, improving their chances of getting a well paying job
- Husband and wife can have more time for each other
- Girls under 18 years are at a greater risk of dying or having problems with pregnancy because their bodies are still **developing**
- Women over 35 years are at a greater risk of having babies with **severe problems**
- **Condoms** or **abstinence prevent** pregnancy as well as **Sexually Transmitted Infections (STIs)** such as HIV

What are some of the things to think about when family planning?

- Use **family planning** methods when you do not want to get pregnant
- The best age for women to have children is between 18 to 35 years
- Children should be at least 3 years apart
- Women should be aware of their health because many sicknesses (malaria, HIV, diabetes, etc.) are **dangerous** to both the **unborn baby** and the mother

What are the different family planning methods?

See reference page for details.

What are some common concerns about family planning?

See reference page for details.



ACTIVITY

Ask the group to answer the following questions:

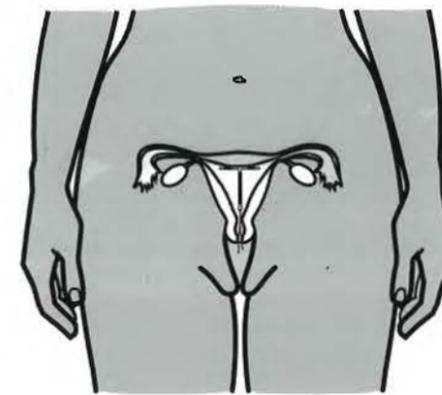
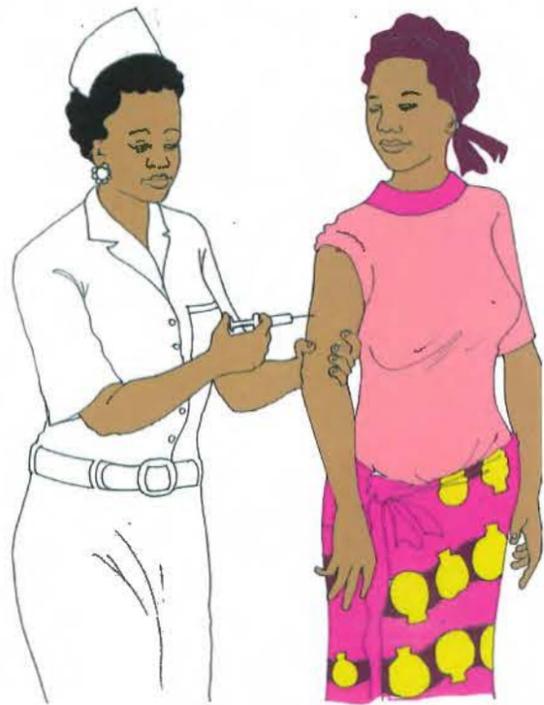
- Who is responsible for family planning?
- How can you bring this subject up with your partners?
- What are your concerns about family planning?

Role-play:

- A man and woman discussing family planning.
- Using fake kwacha, give 2 families 1,000,000 each: One family has 3 children and the other has 7 children. Have them "spend" what they will need in a month for food, school fees, clothes. Then come back and see the difference in what the two families spent in a month.



Plan your family



Preparing for Birth & Sample Birth Plan

Key Words

Discuss what the following words or terms mean in your language:

Pregnant
Unborn baby
Variety
Antenatal
Birth plan
Rest
Health worker
Danger signs
Vaccinations
Screening tests
Vitamins
Anti-malarial
Risk
Prevent
Treated
Labour
Trained birth attendant
Labour
Prepare

How can a **pregnant** woman and her partner best take care of herself and her **unborn baby**?

- Eat a **variety** of foods
- Go to a health facility for **antenatal** care
- Make a **birth plan**
- Do not smoke or drink any alcohol
- **Rest** more than usual

What should you eat?

Eat a **variety** of foods every day:

- Vegetables fight sickness
- Fruits give healthy skin
- Eggs and milk make strong bones
- Meat, fish, and chicken help you to be clever and strong

When should a **pregnant** woman go to the health facility?

- As soon as she finds out that she is **pregnant**
- As many times during the **pregnancy** as the **health worker** advises
- If there are any **danger signs**

What happens during **antenatal** care?

The **health worker** will:

- Check blood pressure
- Check the baby's growth inside the mother by measuring her belly
- Mother is given **vaccinations** as needed
- May do some **screening tests** (RPR, STIs, HIV, anaemia [weak blood], or hook worm)
- Give iron tablets and/or other **vitamins**
- Give **anti-malarial** pills after the 4th month of **pregnancy**
- Make a **birth plan**

Why are these things important?

- All **pregnant** women are at **risk** of having problems that could make her or her **unborn baby** sick or even die
- Going for **antenatal** care helps to **prevent** and/or notice (find) these problems early so that they can be **treated**

What is a **birth plan**?

- It is a plan made by a **pregnant** woman, her partner, and her family about what to do when giving birth or when there are **danger signs**. It answers the following questions:
 1. When is the expected due date?
 2. Where will the mother give birth?
 3. When will the **trained birth attendant** be called or when will the mother be taken to the health facility?
 4. How will the **labouring** mother get to the health facility? or, How will the **trained birth attendant** get to where the mother is giving birth?
 5. Who will help with the birth (which family members, **trained birth attendants** or **health workers**)?
 6. What supplies will be needed?

Why is it important to have a **birth plan**?

It is important because it helps women and their families **prepare** for a normal birth, and to be ready for any problems that may come up.

ACTIVITY

Ask the group to answer the following questions:

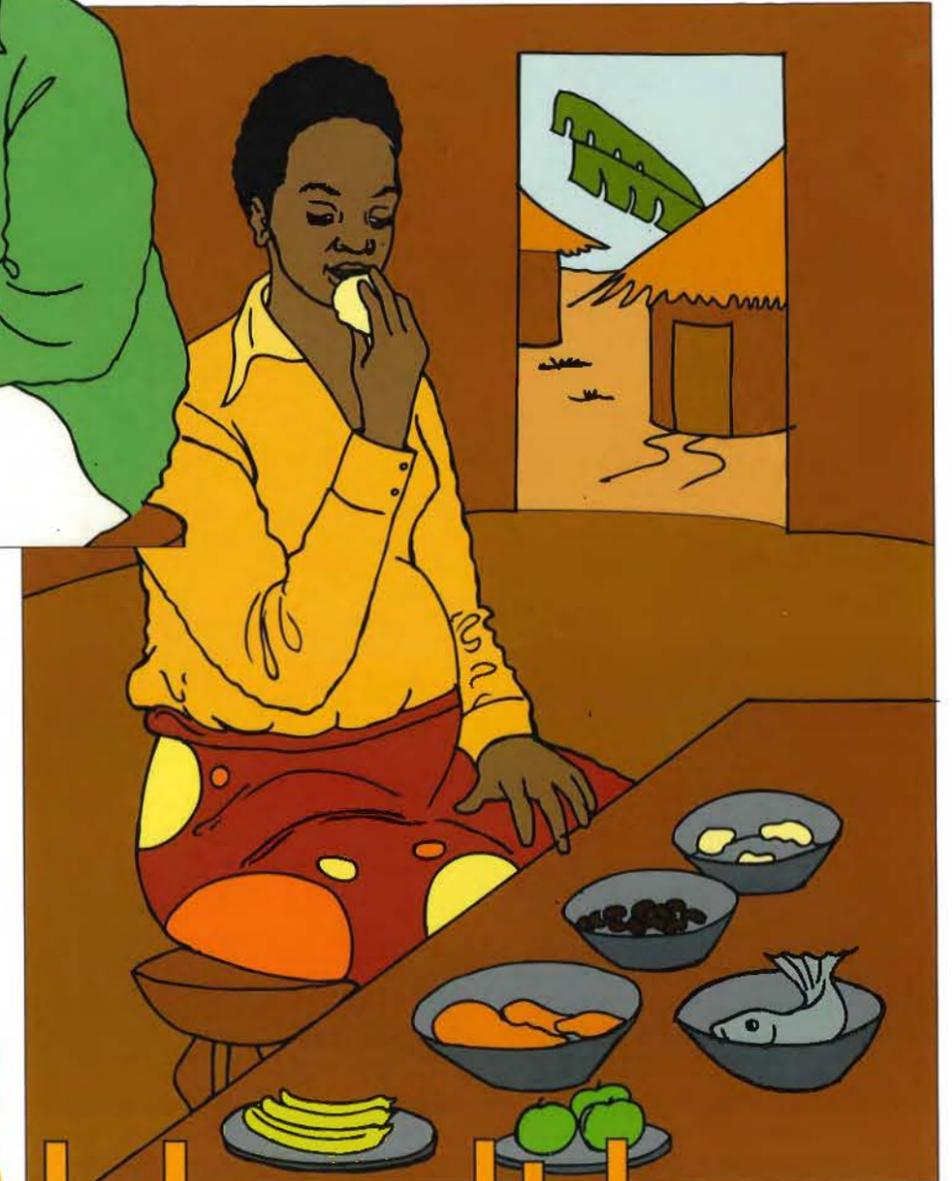
- Who is responsible for helping a pregnant woman plan her birth?
- What can be prevented by antenatal care?
- What causes a difficult birth?
- What do you need to bring or have for a birth?
- Is there a cart or a car close by that can be used for transporting a labouring mother when she needs to go to the health facility?



1 Clinic



2 Family



3 Health

Key Words

Discuss what the following words or terms mean in your language:

Danger signs
Treated
Immediately
Private parts
Foul smell
Discharge
Headache
Fits
Fainting
Severe
Abdominal
Fever
Dizziness
Pale
Swelling
Baby not moving
Labour
Cord
Placenta
Emergency transport
Arrangements

Danger Signs & Emergency Transportation

What are **danger signs** in pregnancy?

- Signs that the mother, baby, or both are in danger
- If **danger signs** are not noticed and **treated**, they can lead to the death of the mother, baby or both
- If any are noticed take the pregnant woman **immediately** to the health facility

Go **immediately** to a health facility if you notice any of the following **danger signs**:

During pregnancy:

- Vaginal bleeding (bleeding from **private parts**)
- **Foul smelling** or yellow, green or brown **discharge** from vagina (**private parts**)
- Severe **headaches**
- **Fits** or fainting
- **Severe abdominal** pain
- High **fever** (body hotness or feeling cold)
- **Dizziness**
- Feeling very tired or looking **pale**
- **Swelling** of hands, feet, or face
- **Baby is not moving** or moving less (after 18 weeks)

During birth:

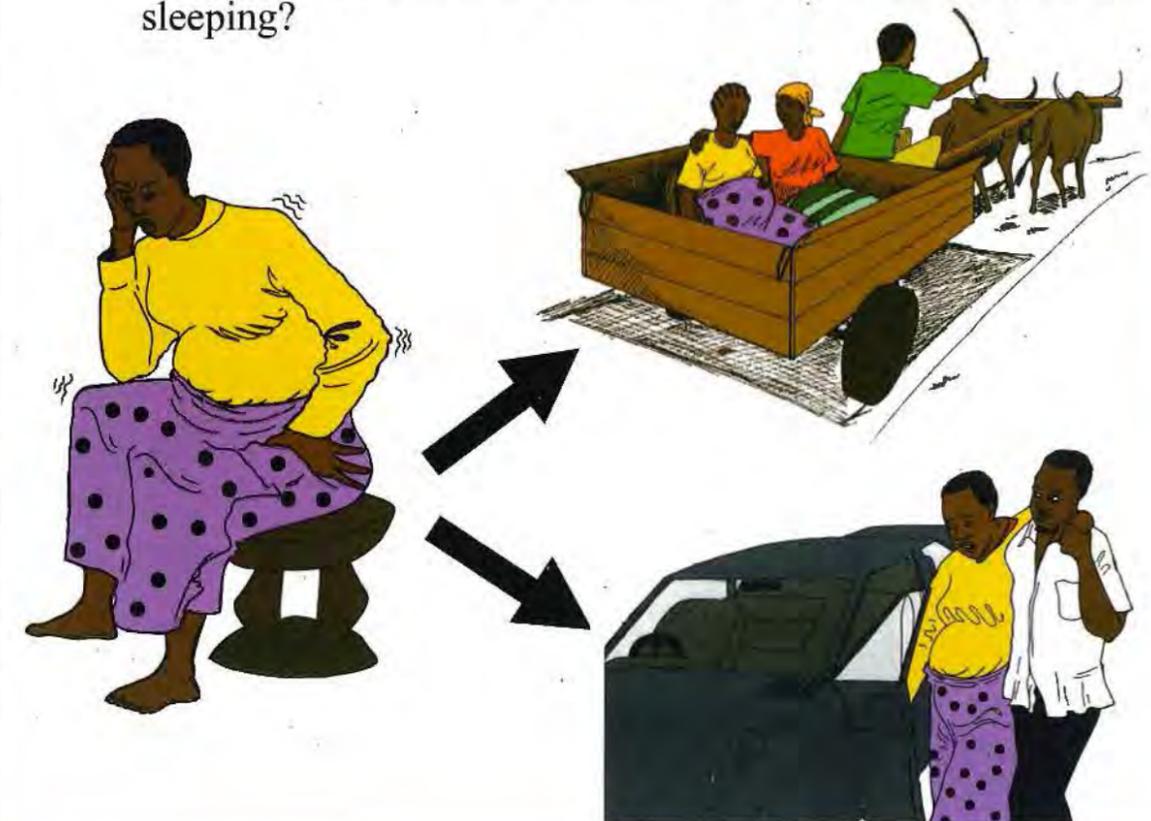
- **Labour** lasting more than 12 hours
- Heavy bleeding from vagina (**private parts**)
- **Cord**, or hand comes before the baby
- **Fits**
- Severe **headache**
- **Placenta** not delivered within 30 minutes after the baby is born

What is **emergency transport**?

A way to get a pregnant woman, a baby or anyone who needs help to the health facility as quickly as possible.

What are some examples, and how could you make **arrangements**?

- Ox cart, taxi, car, wheel barrow, etc.
- Make **arrangements** with a person in the community ahead of time in the event that an **emergency** happens
 - How much would it cost?
 - What if it happens in the middle of the night and everyone is sleeping?



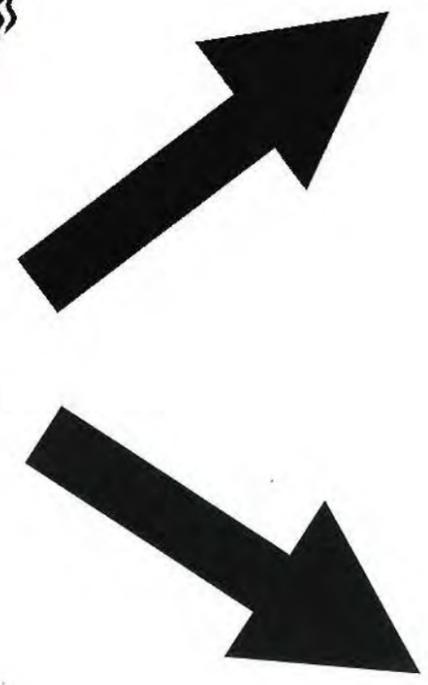
ACTIVITY

Ask the group to answer the following questions:

- When do emergencies happen (anytime day or night)?
- What options are currently available for emergency transport? How can people contact the person with the emergency transport?
- Has anyone in the group seen any of these danger signs before? If so can that person tell their story and what happened?

Create a community emergency fund.

Danger Signs



Key Words

Discuss what the following words or terms mean in your language:

HIV positive
Breastfeeding
Variety
Chlorinated water
Condom
Treatment
Illness
Infection
Antenatal care
Plan
Labour
Delivery
Trained birth attendant
Space
Recover
Double protection
Unplanned pregnancies
Re-infected
Sexually Transmitted Infection (STI)
Family planning
Permanent
Natural
Abstinence
Long term

Family Planning If You Are HIV Positive

What should you do if you are **HIV positive** and pregnant, or thinking about getting pregnant?

- HIV can be passed from a mother to her baby when she is pregnant, during childbirth or when **breastfeeding**
- In Zambia, the risk of an **HIV positive** woman transmitting HIV to her child is 40 percent
- This is called mother to child transmission

Some ways to lower the chances of mother to child transmission:

Before and during pregnancy:

- Talk to a health worker about ways to lower the chances that your baby will be **HIV positive**
- Try to be healthy by eating a **variety** of foods and drinking boiled and cooled or **chlorinated water**
- Use a **condom** every time that you have sex
- Get **treatment** for any **illnesses** or **infections**
- Go for **antenatal care** once a month or as instructed by the health worker
- Take HIV medications (ARVs) as advised by the health worker
- Make sure that your **antenatal care** providers know you are **HIV positive**
- **Plan** your birth

Labour and delivery:

- Give birth at a health facility
- If you give birth at home, make sure that you have a **trained birth attendant** who knows that you are **HIV positive**

After the birth and during breastfeeding:

- Take the newborn baby to the health facility within 3 days of birth for nevirapine
- Talk to a health worker about **breastfeeding** without giving any other food or drink for the first 6 months
- **Space** your children at least 3 years apart so that your body can **recover**

What are the options if you are **HIV positive** and do not want to get pregnant or impregnate your partner?

- **Double Protection:** Protection against **unplanned pregnancies** **AND** against getting **re-infected** or infecting someone else with HIV or another **Sexually Transmitted Infection (STI)**. **Condoms** (when used correctly and every time you have sex), and **abstinence** are the only **family planning** methods that provide **double protection**.
- **Barrier Methods:**
 - Male **condom**
 - Female **condom**
- **Permanent Methods:**
 - Vasectomy
 - Tubal ligation
- **Natural Methods:**
 - LAM (**breastfeeding**)
 - Natural** or rhythm method
 - Abstinence**
- **Long Term/Hormonal Methods**
 - Family planning** pills
 - The shot
 - Implants
 - IUD (loop or copper T)
 - Diaphragm and spermicide
- All of the listed **family planning** methods can be used while taking HIV medication (ARVs) without problems. Talk with a health worker if you are concerned.
- **Condoms** can and should be used with other **permanent, natural** and **long term family planning** methods.

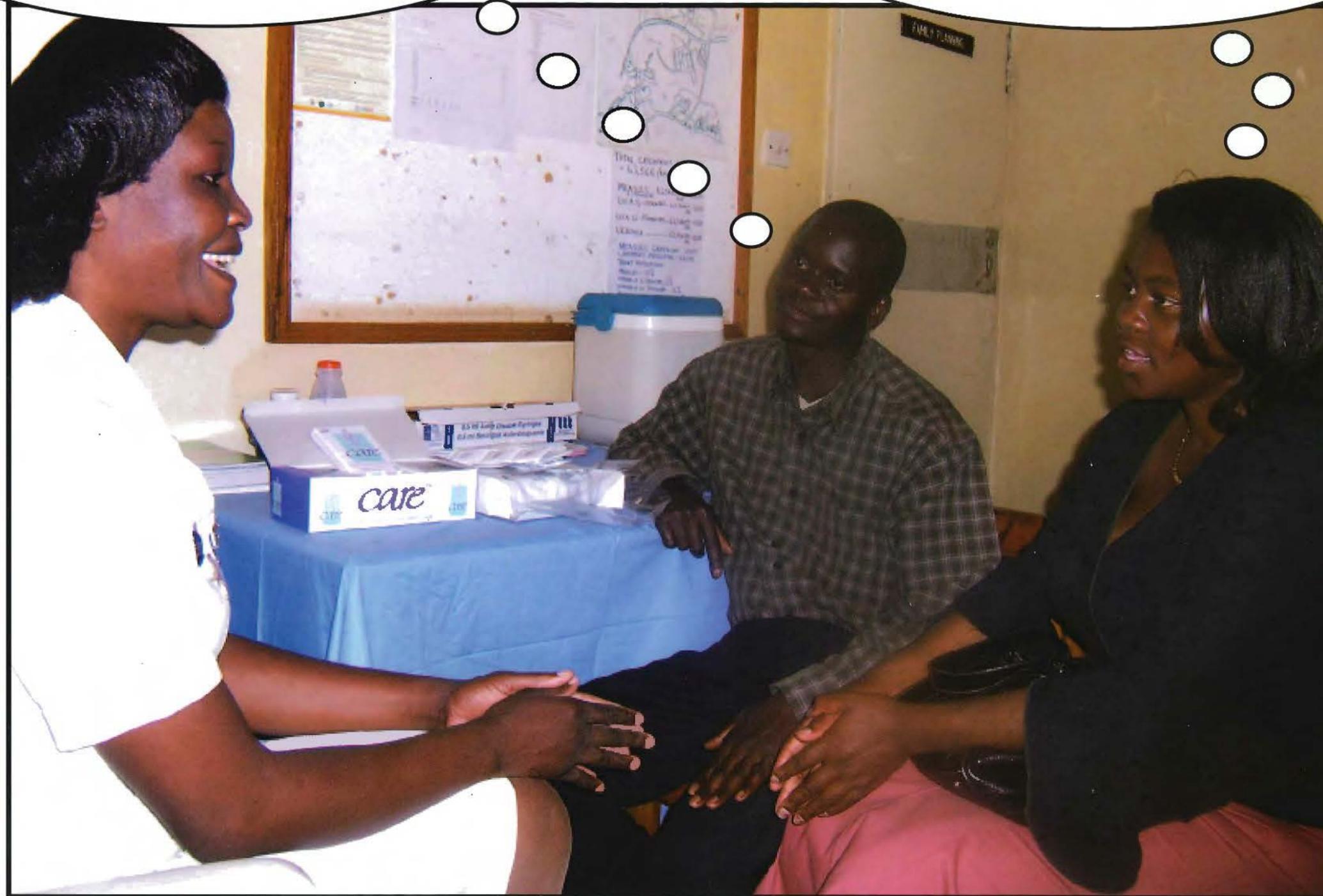
See reference page for more details on each **family planning** method.

ACTIVITY

Form a support group for HIV positive women who are interested in planning their families.

children

prevention



Caring for a Newborn

Key Words

Discuss what the following words or terms mean in your language:

Newborn

Delicate

Care

Breastfeeding

Cord care

Protection

Infections

Immunizations

Variety

Household

Danger signs

Sponge baths

Pus

Foul smell

Swelling

Medical help

Insecticide-Treated Net (ITN)

Vaccinate

A **newborn** baby is a wonderful **delicate** new life. To protect this new baby requires the father and mother's loving **care**, **time**, and **attention**.

What kind of **care** does a **newborn** baby need?

- Warmth
- **Breastfeeding** if possible
- **Cord care**
- Sleep
- **Protection** from **infections**
- Clean napkin
- Bathing
- **Immunizations**

Why is **warmth** important?

- **Newborn** babies come from the warmth of their mother's womb and cannot adjust their temperature like adults
- If the **newborn** gets too cold he/she could die

What are some ways to keep the baby warm?

- Skin to skin with the mother with a blanket or cover over both, especially when **breastfeeding** or after bath
- Dress or wrap baby in warm clothing (1-2 more layers than an adult needs at that time)
- Cover baby's head with a hat or cloth (be sure not to cover baby's face so that he/she can breathe)

Why is **breastfeeding** important?

- **Breastfeeding** without giving any other food or drink is the best way to feed your **newborn** for the first 6 months
- After giving birth, you should **breastfeed** within the first hour if you and your baby are doing well
- The first yellow milk helps protect your baby from **infections**
- A **breastfeeding** mother must eat a **variety** of foods and take vitamin A

What can the father and family do to help a **breastfeeding** mother?

- Make sure that she gets a **variety** of food to eat
- Help with daily **household** jobs so that she can rest
- Watch for mother and baby **danger signs**

How do you **care** for the **cord**?

- Keep it clean and dry
- Do not put anything on the **cord** or remove it
- Only give **sponge baths** until the **cord** falls off on its own in 5 to 10 days
- Watch for signs of **infection** (redness, delay in separation, **pus**, **foul smell**, or **swelling**)
- Get **medical help** quickly if you notice any **signs** of infection

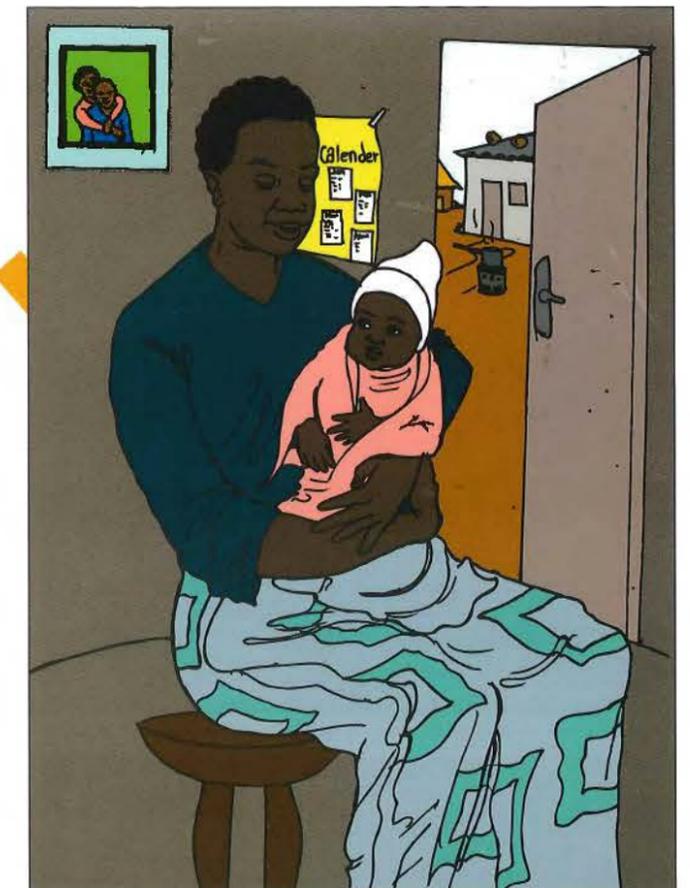
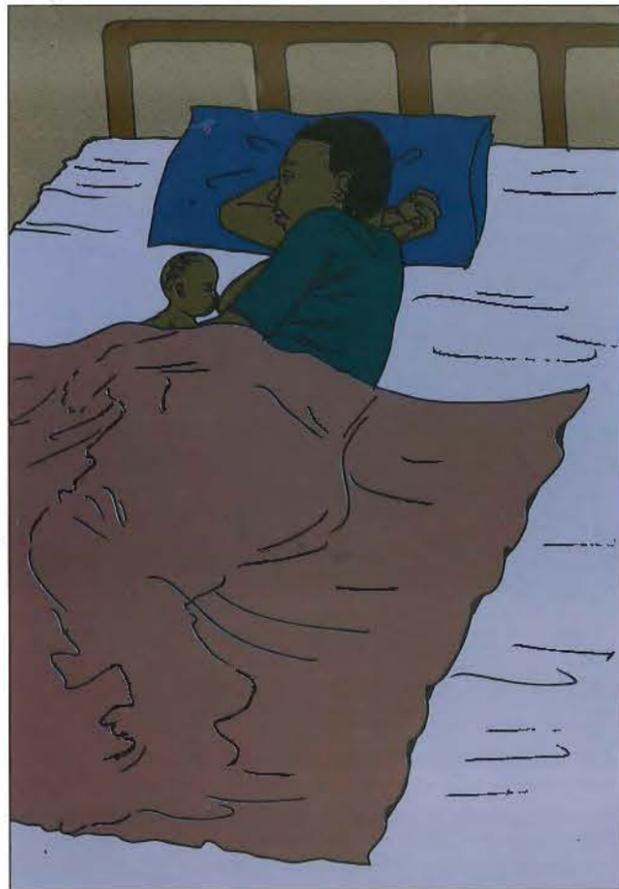
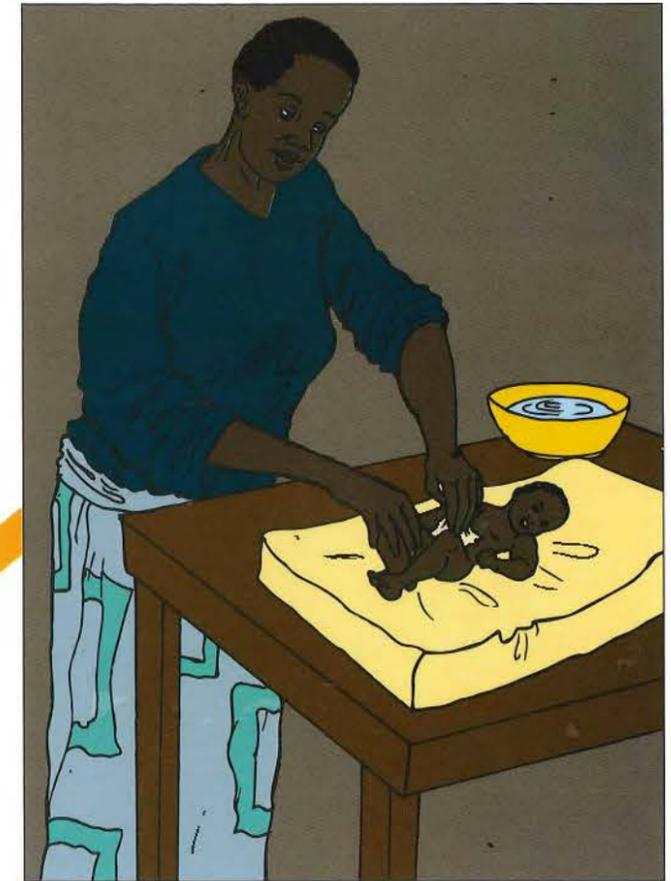
How do you protect the **newborn** from **infection**?

- Washing hands before and after touching the baby
- Washing hands before breastfeeding
- Keep sick children and adults away from the baby
- Keep baby away from smoke to help prevent breathing problems
- Put baby to sleep under an **Insecticide-Treated Net (ITN)**
- **Vaccinate** your baby
- Wash anything that will touch the baby
- Keep your fingernails short and clean
- Wash baby's bottom each time the napkin is soiled
- Keep warm after bathing

ACTIVITY

Ask the group to answer the following questions:

1. Is there any interest in forming a new mothers' support group?
2. What are the concerns and common difficulties with newborns?
3. How soon should you take a newborn to the health facility if you gave birth at home?



Key Words

Discuss what the following words or terms mean in your language:

Care
Immediately
Cord
Placenta
Breastfeeding
Infections
Prevent
Sponge bath
Cord stump
Vaccinations
HIV positive
Chlorinated water
Variety
Danger signs
Fits
Fever
Vomiting
Diarrhoea
Constipation
Swelling
Pus
Headache
Private parts
Sores
Foul smell
Discharge

Care After Giving Birth

Both the mother and baby need special **care** after giving birth.

What happens **immediately** after birth?

1. **Cord** is tied and cut (make sure a new or boiled razor or scissors are used)
2. Baby is dried and warmed
3. Mother delivers **placenta**
4. If both are doing well then **breastfeeding** and skin to skin warming
5. Eye care medicine is given to the baby to prevent serious eye **infections**

How soon can you bathe the mother and baby?

- For the mother it is important to wash with soap and water and clean birthing area well to **prevent infection**
- For the baby it is more important to dry and warm **immediately** and wait at least 6-24 hours for a **sponge bath**
- When bathing a newborn it is important to not let them get cold
- Until the **cord** falls off, just wash the baby with a wet cloth
- Keep the **cord stump** clean, dry, and out of the napkin so the it does not get urine or faeces on it

When should the baby first visit a health facility?

Within the first 3 days of birth.

Why does a healthy newborn baby need to go to a health facility?

- **Vaccinations**
- Birth certificate
- Check height and weight (growth monitoring)
- Vitamin K (helps **prevent** bleeding)
- Check for signs of **infection**
- Nevirapine if either parent is **HIV positive**

What does the mother need after giving birth?

- Rest
- Boiled and cooled or **chlorinated water**
- A **variety** of foods to eat to help her produce breast milk
- Vitamin A to help her and her baby fight **infections**
- Help watching for **danger signs** for herself and her baby

Go **immediately** to the health facility if you observe any of the following **danger signs** after delivery:

Baby:

- Sunken soft spot on top of head
- Pus from the ear or very painful ear
- Difficulties or not breathing
- Breathing too fast or too slow
- **Fits**
- Yellowness of skin or eyes
- **Fever** (hot body)
- Dry mouth, unable to breastfeed, eat, or drink
- **Vomiting**
- Not active
- Stiff neck or body
- **Constipation**
- Blood or mucus in stool, or **diarrhoea** for more than 3 days
- Passing very little urine
- Red **swollen** eyes, or sunken eyes, and no tears when crying
- Redness, **pus**, or blood from the **cord stump**

Mother:

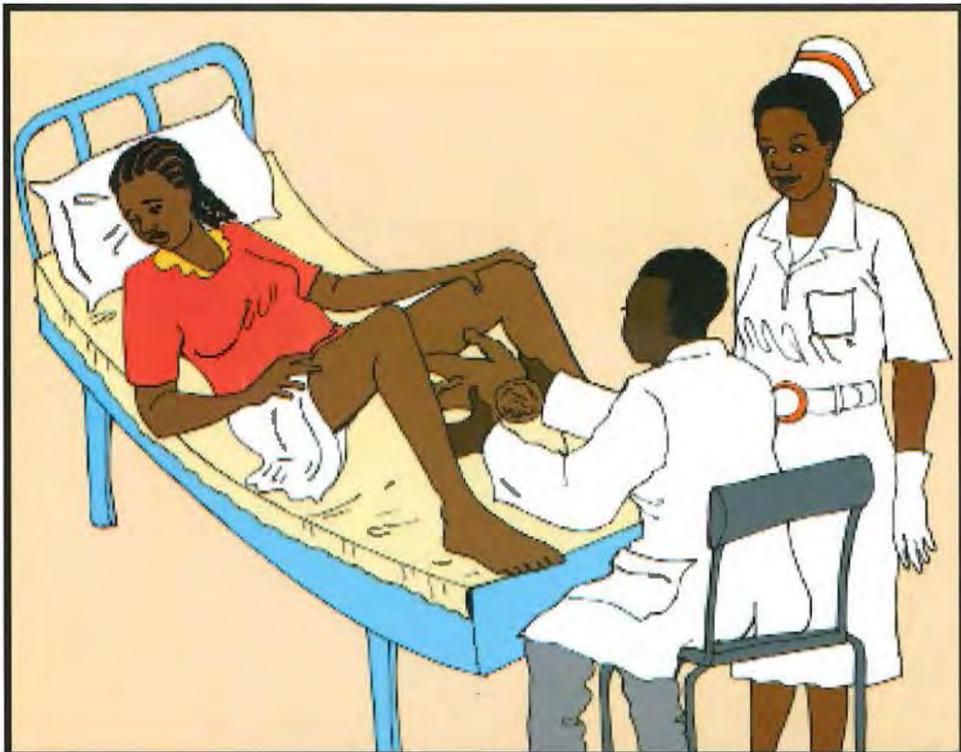
- Severe **headache**
- Body hotness or feeling cold
- Increasingly severe stomach pain or pain in the **private parts**
- Heavy bleeding
- Breast **sores**, cracked nipples, redness or **swelling** of breasts
- **Foul smelling** or yellowish, green or brown **discharge** from vagina (**private parts**)

If **danger signs** are not recognized or addressed quickly they can lead to more serious illnesses or death.

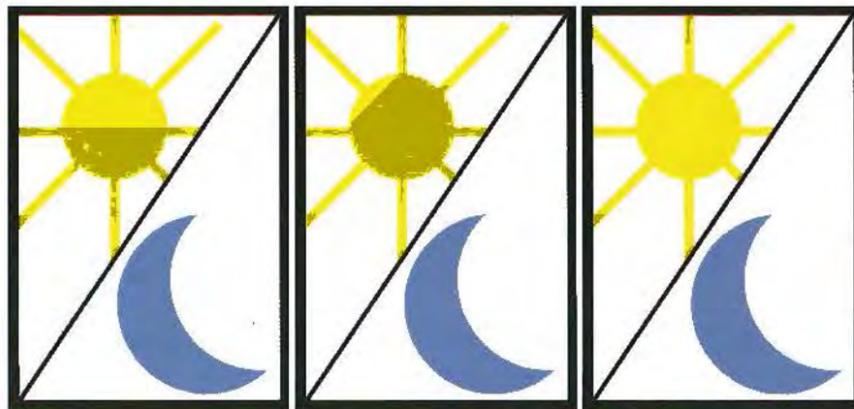
ACTIVITY

Ask the group to answer the following questions: Why might a mother or child die or get very sick after birth? Who will help her in a case of emergency?

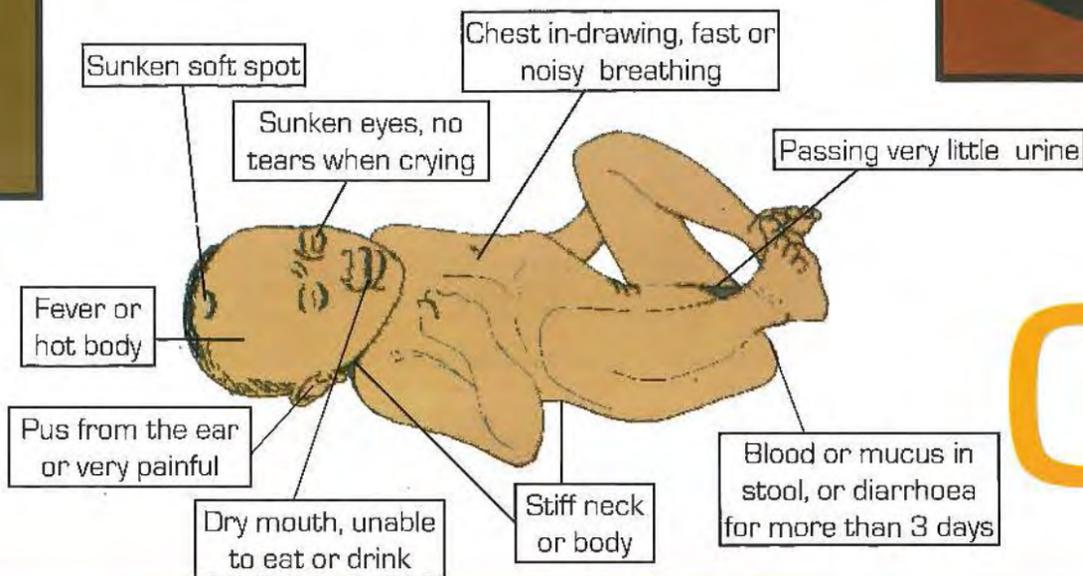
Invite both a trained birth attendant and health worker from a nearby health facility to talk about care after birth.



within
3 days



birth



clinic

Family Planning Methods:

Barrier Methods:

- Male Condom – A very thin rubber or plastic sheath that covers the erect penis
- Female Condom – A very thin plastic pouch that lines the vagina

Permanent Methods:

- Vasectomy – A simple operation for men
- Tubal ligation – A simple operation for women

Long Term Hormonal Methods:

- Family planning pills – A hormonal pill swallowed by a woman daily
- The shot – A hormonal injection given to the woman once every 3 months
- Implants – Small plastic capsules containing hormones that are placed under the skin of the woman's arm by a health worker, works for 5 years but can be removed before that by a health care provider to allow for pregnancy
- IUD (loop or copper T) – A tiny device placed and removed by a health care provider into the woman's womb, the IUD can stay in for up to 10 years but can be removed at any time to allow for pregnancy
- Diaphragm and spermicide – Small flexible device inserted deep in the vagina by the woman each time before sex that is used with a foam, cream or jelly that kills sperm (spermicide)

Natural Methods:

- LAM (breastfeeding) – Immediately after birth to 6 months while the baby is only breastfeeding and not taking any other food or drink
- Natural or rhythm method – Not having sex during certain times of the month when a woman is most likely to get pregnant
- Abstinence – Not having sex

Condoms can and should be used with other permanent, natural, and long term family planning methods for double protection against unwanted pregnancies and Sexually Transmitted Infections (STIs) such as HIV.

Common Concerns about Family Planning:

Will I still be able to have children if I want to?

Yes! You can stop using barrier, long-term hormonal, and natural family planning methods whenever you want to and will be able to have children very soon afterwards.

Will family planning affect my ability to have sex? Will it make me less of a man/woman?

Absolutely not. Family planning will not affect your manhood/womanhood or sex life at all and you can still feel as much of a man/woman as before. In fact, you may enjoy sex more if you are not worried about making your partner/becoming pregnant.

Will a condom lessen my pleasure while having sex?

The feeling may not be exactly the same but there is very little reported difference. In fact, if you use a condom you will have greater peace of mind knowing that you will not make your partner/become pregnant or get/transmit any STIs and can enjoy sex without worry.

If my husband/wife uses family planning, then will he/she be free to sleep with other people and not have to face the consequences of pregnancy?

There is no evidence to support the idea that men or women who use family planning change morally or misbehave or cheat on their partners. In fact, men and women use family planning in order to have the family size that they can take care of well, so they will not become overburdened and unhealthy. If a family is of manageable size and does not occupy all their time and energy, husbands and wives may even have more time for one another.

What problems may be prevented by antenatal care?

Neonatal tetanus, abortion, death in the womb, newborn infections, premature birth, low birth weight, HIV transmission to child, and spinal cord defects.



EDUCATING EACH OTHER ON HEALTHY LIVING



Ministry of Health

