

Staying healthy in Pregnancy



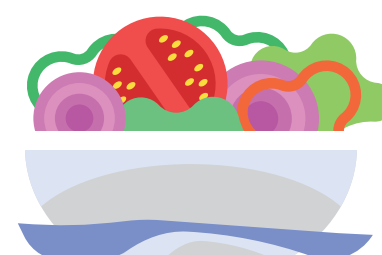
Report any concerns you have urgently to your midwife or triage.



Attend all of your appointments, and be sure to rebook if you can't attend or need to cancel.



Aim for 20 minutes of exercise a day and lots of sunlight, using sunscreen with an SPF of 30 or above.



Eat a healthy and balanced diet.



Take Vitamin D daily. Folic acid may also benefit baby - but talk to your midwife about this.



Movements matter - If baby moves less or differently, contact delivery suite or triage urgently.



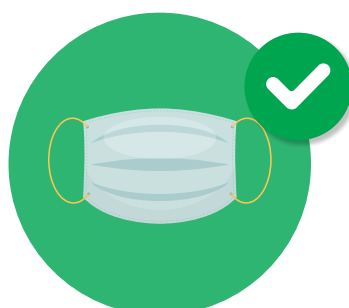
Quit smoking – the sooner the better. There's help available.



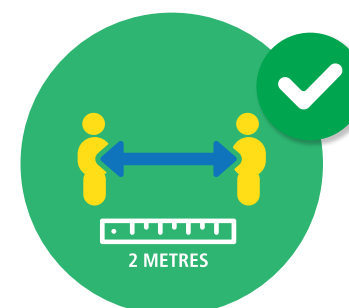
Not drinking alcohol is the safest approach.



Wash your hands regularly



Wear a face mask.



Follow Government guidance.

For further information and advice, visit your Badgernet Maternity App or www.birthways.nhs.uk