

# ECHO Key Messages

## *Emergency and Community Health Outreach*



Key Messages Final  
May 12, 2011

### Key Messages "Prenatal Health"

**Translators: Translate only the words and not "Number 1, Number 2 and Number 3." Please contact your project manager with any questions.**

Number 1: When you are pregnant, see a health care provider regularly, whether it is your first child or you have had children before.

Number 2: Eat healthy foods while you are pregnant and do not drink alcohol, smoke, or use any drugs.

Number 3: Use support services to stay mentally, physically and spiritually healthy.

Number 4: Prepare both your mind and your body for childbirth.

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