

Q. What should I do just in case I delivered my baby at home?

A. If you have delivered your baby at home, visit your nearest health facility immediately, at least within the first two days.



Q. What else do I need to do after delivery?

A. Make sure to keep your baby warm. Keep the baby's umbilical cord clean and dry and do not apply anything. Start breastfeeding your baby immediately after delivery and continue for 6 months without giving the baby any other food (not even water). Take your baby for regular check-ups at the health facility and make sure the baby receives supplements like Vitamin A and immunizations against diseases.

Q. What are the danger signs that I need to look for after birth?

A. If you notice any of the danger signs below after you have given birth, visit your local health facility immediately as there could be complications which need to be treated.

- Excessive bleeding from private parts
- Fever
- Swelling of the face, hands and feet
- Foul-smelling discharge from private parts
- Pus oozing from the incision
- Cracked nipples
- Severe lower abdominal pain



Q. What are the danger signs I need to look for in my newborn baby?

A. If you notice any of the danger signs below in your newborn baby, take the baby to the nearest health facility immediately as there could be a serious problem.

- Not able to breastfeed
- Fever
- Convulsions
- Difficulty in breathing
- Swelling, redness and/or pus around the cord
- Severe coldness to the touch
- Yellow soles of the feet

Q. Can I use a modern family planning method immediately after delivery?

A. Yes, there are family planning methods that you can use immediately after delivery. Spacing your children by at least 2 years apart improves the health of the mother and the newborn. Discuss family planning methods with your health provider and choose a method that is right for you.



**Make the best decision for you and your family
– Visit your local health facility today.**

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Give your Baby a Healthy Start



Answers to Your
Questions on
Pregnancy, Delivery
and Care after Birth



Ministry of Public Health
and Sanitation



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Q. What should I do if I am planning to get pregnant?

A. Visit your nearest health facility for a check-up to find out if you have any illnesses that need to be treated such as HIV, diabetes, high blood pressure, or anemia. A health worker can also tell you what foods to eat, can give you supplements and give you drugs for malaria prevention so your baby can have the healthiest start. Sleep under an insecticide-treated mosquito net every night to prevent mosquito bites that transmit malaria.



Q. What should I do if I think I am pregnant?

A. Visit your nearest health facility as soon as you think you are pregnant to give your baby the best chance for a healthy start. Get at least 4 check-ups during your pregnancy and make a plan:

- Know when your baby will be born
- Choose a health facility for your delivery
- Know the danger signs in pregnancy, delivery and after birth
- Ask someone ahead of time to go with you to the hospital when you start labor
- Prepare for how you will get to the health facility, especially if there is an emergency



Q. What are the danger signs that I need to look for while I am pregnant?

A. If you have any of the danger signs below while you are pregnant, visit your nearest health facility immediately as there could be a serious problem.

- Any bleeding including spotting during pregnancy from private parts
- Swelling of face and hands
- Convulsions and/or passing out
- Severe headache and/or blurred vision
- Discharge from private parts
- Lower abdominal pains
- Pain when urinating
- Continuous vomiting and heartburn
- Fever
- Feeling tired easily
- Feeling the baby move less.



Q. Why is it important to deliver my baby in a health facility?

A. Delivering your baby at a health facility is important so that any emergency can be managed by skilled staff who can save you and your baby's life. It gives both of you the best start possible.

