

If You Are:

Pregnant or Have a New Baby at Home



Heart disease is the leading cause of pregnancy-related death in the U.S. and the second leading cause of death in American Indian and Alaska Native women in the U.S.

✓ Before Pregnancy

Choose healthy foods, avoid commercial tobacco and alcohol use, and take care of your mental health.

✓ During Pregnancy

Start prenatal care early. Talk to a health care provider about any health concerns including any problems during previous pregnancies.

✓ After Pregnancy

Get postpartum care 1-3 weeks after delivery. Talk about any health concerns you have such as physical symptoms, sadness, anxiety, and exhaustion that may get in the way of caring for yourself or others.

For more information visit: shorturl.at/Ez8An

