

Responsible pregnancy

The last week of February was Pregnancy Education Week. During this week, the Department of Health provided pregnant women, their partners and the community with the knowledge of how to ensure a safe pregnancy for the mother and her baby.

In South Africa 12 times more babies die than in many other Western countries. There are also a large number of mothers who die because of birth complications. It is very important that pregnant women are more aware of their health – for their own and for their unborn babies' sake.

Here are some things that all pregnant mothers should be aware of or do:

- Visit your nearest clinic or doctor as soon as you think that you may be pregnant.
- Attend the clinic regularly for check-ups or make appointments with your doctor.
- Feed yourself properly. Your nutrition is important for your own and your baby's health.
- Do some exercise during pregnancy, but do not overdo it. Walking is very good.
- Using too much alcohol and smoking can bring harm to your unborn baby. Avoid these habits during and after the birth of your infant.
- Know you and your partner's HIV status. If you are not sure, you can ask about voluntary HIV counseling and testing at your nearest clinic.
- If you need a birth companion (someone who will be with you during the birth), discuss your need with your local clinic.
- Also discuss and plan feeding options for your baby with the clinic's staff. You may choose to breastfeed, bottle feed or do both.
- Know the danger signs during pregnancy and seek help immediately at your local clinic or doctor when the following signs are noted. These signs include:
 - ✗ Bleeding from the vagina
 - ✗ Headaches
 - ✗ Blurred vision (not seeing well) or seeing stars
 - ✗ Swollen hands, feet and/or face
 - ✗ Fits
 - ✗ Fever
 - ✗ Paleness and /or tiredness
 - ✗ Difficult breathing
 - ✗ Lower abdominal pains (pain in the lower parts of the stomach)
 - ✗ Baby not kicking well.

Remember these important things in the following way:

P – prior knowledge (know enough before becoming pregnant)

R – remember to book early or visit your clinic regularly

E – exercise regularly

G – gain support from the family

N – nutrition – eat healthy

A – abstain from smoking and alcohol use

N – nurture yourself

C – coping with pregnancy disorders

Y – your personal hygiene is important. UM



I am pregnant!

Ek is swanger / Ngikhulelwe! / Ndikhulelwe! / Ke moimana

Do:

- Visit your nearest clinic or doctor regularly for check-ups.
- Eat healthy food.
- Exercise such as walking.
- Avoid drinking alcohol and smoking.
- Know you and your partner's HIV status.
- Ask for someone to be with you during the birth.
- Plan to breastfeed or bottle feed or both.



Doen die volgende:

- Besoek jou naaste kliniek of dokter gereeld vir ondersoek.
- Eet gesonde kos.
- Doen oefeninge soos om te stap.
- Vermyn alkohol en sigareetook.
- Ken jou eie en jou maat se MIV-status.
- Vra dat iemand jou bystaan tydens die geboorte.
- Besluit of jy gaan borsvoed, bottelvoed of albei.



Kumele wenze lokhu:

- Vakashela umtholampilo oseeduze kwakho noma udokotela ukuze uhlolwe.
- Udle ukudla okulungile.
- Zivocavove ngokuhamba.
- Gwema ukuphuza utshwala nokubhema.
- Yaziz ukuthi wena nomlingani wakho aninano yini igciwane lesandulela-ngculazi.
- Cela ukuthi kube khona umuntu
- Hlela ukuncelisa noma ukunika umntanako ibhodlela noma kokubili.

Yenza oku:

- Tyelela ikliniki yakho ekufutshane okanye ugqirha rhoqo uyokukhangelwa.
- Yitya ukutya okulungileyo.
- Zilolonge ngokuhamba.
- Kuphephe ukusela utywala nokutshaya.
- Sazi isimo sakho neseqabane lakho se-HIV.
- Cela umntu ukuba ahlale nawe ngexa lokubeleka.
- Ceba ukuncancisa ibele okanye ibhotile okanye zombini.

Etsa:

- Etela kiliniki e haufi le wena kapa ngaka kamehla bakeng sa ho hlahlojwa.



- E ja dijo tse nepahetseng.
- Ikwetlise jwaloka ho tsamaya.
- Phema ho nwa jwala le ho tsuba.
- Tseba maemo a hao le a molekane wa hao a HIV.
- Kopa motho e mong ho ba le wena nakong eo o pepang.
- Nyantsha kapa o fepe ka botlolo kapa tseo ka bobedi.

Danger signs during pregnancy:

Bleeding from the vagina, headaches, blurred vision, swollen hands, feet or face, fits, fever, paleness, difficulty breathing, pains and if your baby is not kicking.

Seek help immediately at the clinic!

Gevaartekens tydens swangerskap:

Vaginale bloeding, hooppyne, swak sig, geswelde hande, voete of gesig, stuiptrekkings, koors, bleekheid, moeilike asemhaling, pyn en indien jou baba nie meer skop nie.

Soek onmiddellik hulp by die kliniek!

Izimpawu zezingazi uma ukhulelwe:

Ukophisa esithweni sangasese, ukuphathwa yikhanda, ukungaboni kahle, izandla ezivuvukele, izinyawo noma ubuso, ukuba nesifo sokuwa, imfiva, ukuphaphatheka, izinkinga zokuphefumula, izinhlungu noma uma ingane inganyakazi.

Funa usizo ngokuphazima kweso emtholampilo!

Iimpawu zeengozi ngexa lokukhulelwa:

Ukophisa kwilungu langasese lowasetyhini, intloko ebuhlungu, ukubona luzizi, ukudumba kwezandla, iinyawo okanye ubuso, ukuxhuzula, umkhuhlane, ukufiphala, ubunzima bokuphefumula, iintlungu kunye naxa umntwana wakho engashukumi.

Funa uncedo eklini ngoko nangoko!

Matshwao a kotsi nakong eo o leng moimana:

Ho dutla madi kukung, hlooho e opang, pono e lerootho, matsoho a ruruhileng, maoto kapa sefahleho, sethathwa, ho hlwenya ka baka la feberu, ho phefomoloha ka thata, mahlaba le ha ngwana a sa rahe.

Batla thuso hanghang klilining! 

