

Project Masihambisane



Pregnancy Health
booklet



**Go to all your
antenatal visits**



**Test for HIV and bring
your partner to test**



**Eat healthy food, take
your vitamins and
important medications**

Smoking



Isihlambezo



Alcohol



Avoid things that are bad
for you and the baby



**Make sure you
deliver at a hospital or
a health facility**



**Apply for a child support
grant, it is your right**



Choose an exclusive feeding method. Breast feeding is best for baby.



**Bring your baby to clinic
regularly and get all your
immunisations**



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