


# Pregnant?

*Congratulations!*

**Remember the health of your baby depends on your health.**

- **Start going to the clinic as soon as you know that you are pregnant.**
- **Eat enough foods of different kinds to remain healthy and to make sure your baby grows and develops well.**
- **Go for counselling and HIV testing to know whether you have HIV or not. This will help you to protect your baby from HIV.**
- **Ask your partner to go for counselling and HIV testing also.**

*For more information, visit your health centre.*

 **Act Now!**

