

A pregnant woman sits talking to a nurse at a table with a list of antenatal guidelines: the family planning programme in Kenya. Colour lithograph by the JHPIEGO, ca. 2000.

Publication/Creation

[Kenya] : MOH-DRH/DOMC/JHPIEGO, [2000?]

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KUMKINGA MTOTO PAMOJA NA MAMA!

Panga ratiba ya uzazi SASA



- Fahamu tarehe ya kujifungua.
- Chagua mkunga mwenye ujuzi atakayekusaidia kujifungua/kuzaa salama.
- Chagua hospitali utakayokwenda kujifungua au wakati kutakapotokea dharura yoyote .
- Fahamu dalili hatari za ujauzito, wakati wa kujifungua na baada ya kujifungua/kuzaa.
- Chagua atakaye kusaidia kuamua iwapo kutakuwa na dharura/matatizo.
- Weka pesa za kukusaidia na mipango ya usafiri iwapo kutakuwa na dharura/matatizo
- Weka tayali vifaa vya muhimu ambavyo utahitaji wakati wa kujifungua.
- Kuwa na mwenzako atakaye kusaidia wakati wa kuhudhuria kliniki za wajawazito na hata unapojifungua/kuzaa.

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