

A healthy pregnant woman: antenatal care in Kenya. Colour lithograph by Ministry of Health, ca. 2000.

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

Healthy Pregnancy

- As soon as you realize you are pregnant, visit your nearest health facility
- During pregnancy, go for at least 4 antenatal care visits to make sure you give birth to a healthy baby
- Sleep under an insecticide treated net every night
- Plan to deliver your baby in a health facility.



**Malezi
Bora**

Afya Leo ni Uzima Kesho

A public awareness campaign by



Ministry of Health
Republic of Kenya

DFID Department for
International
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