

# ABUBUWAN DA MASU JEGO DA MASU CIKI YA KAMATA SU SANI AKAN CIKI DA HAIHUWA



Kafin kiyi ciki, ya kamata ki ci lafiyayyen abinci saboda  
ki samu karfin jiki na daukan ciki da kuma haihuwa

Before pregnancy, you should ensure that you eat a  
balanced diet to build up your body protection and  
strength for pregnancy and childbirth.



# ENAZHI UNGOYIN NNA WORO BE EWAN DECHI'AZA KPE ETI EWAN TO EGI MA'O NA



Etun lochi asibi'a yawe shawara eti lokacin  
na goyin wo de ewan na

The nurse or doctor will also provide  
guidance on healthy timing and spacing  
of pregnancy.



# ZOKO WOLI OBOAWELITULO OCHE ABYI-YADA WOIWOI AKPEYE TU ONUBO BODO OBYIMAI



Haku gyiwe vyi bho shi not nbyi lafiya  
amhoi bwugyi nayi bho

You should save money to be  
able to take care of yourself and  
your baby.



# ENAZHI UNGOYIN NNA WORO BE EWAN DECHI'AZA KPE ETI EWAN TO EGI MA'O NA



Wa de egya ya wo woga magi na ka egya wo gun'a na ko  
woga magi dokun lya ni ko wo ga da egya gun na ko kuma yegi  
wozhi ga ya gya lya ni.

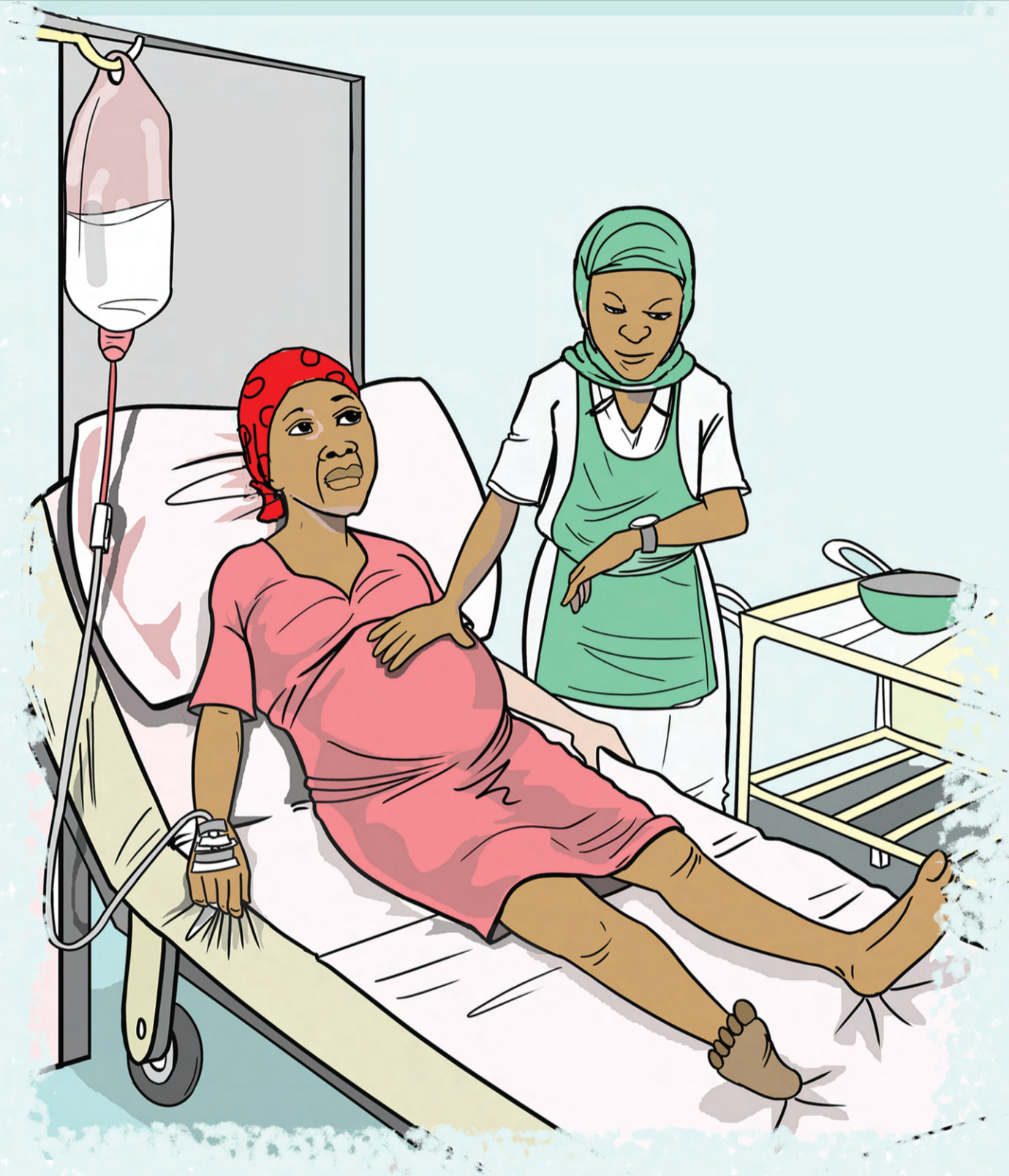
Da asibiti na tsoba wo na wo la tsuwon ji har zo gutota

You could be at risk of PPH if you have low blood levels in pregnancy (anemia), many previous births, hypertension, pre-eclampsia in pregnancy or a family history of PPH, etc..

Register in a facility near you and complete 8 antenatal visits.



# ENAZHI UNGOYIN NNA WORO BE EWAN DECHI'AZA KPE ETI EWAN TO EGI MA'O NA



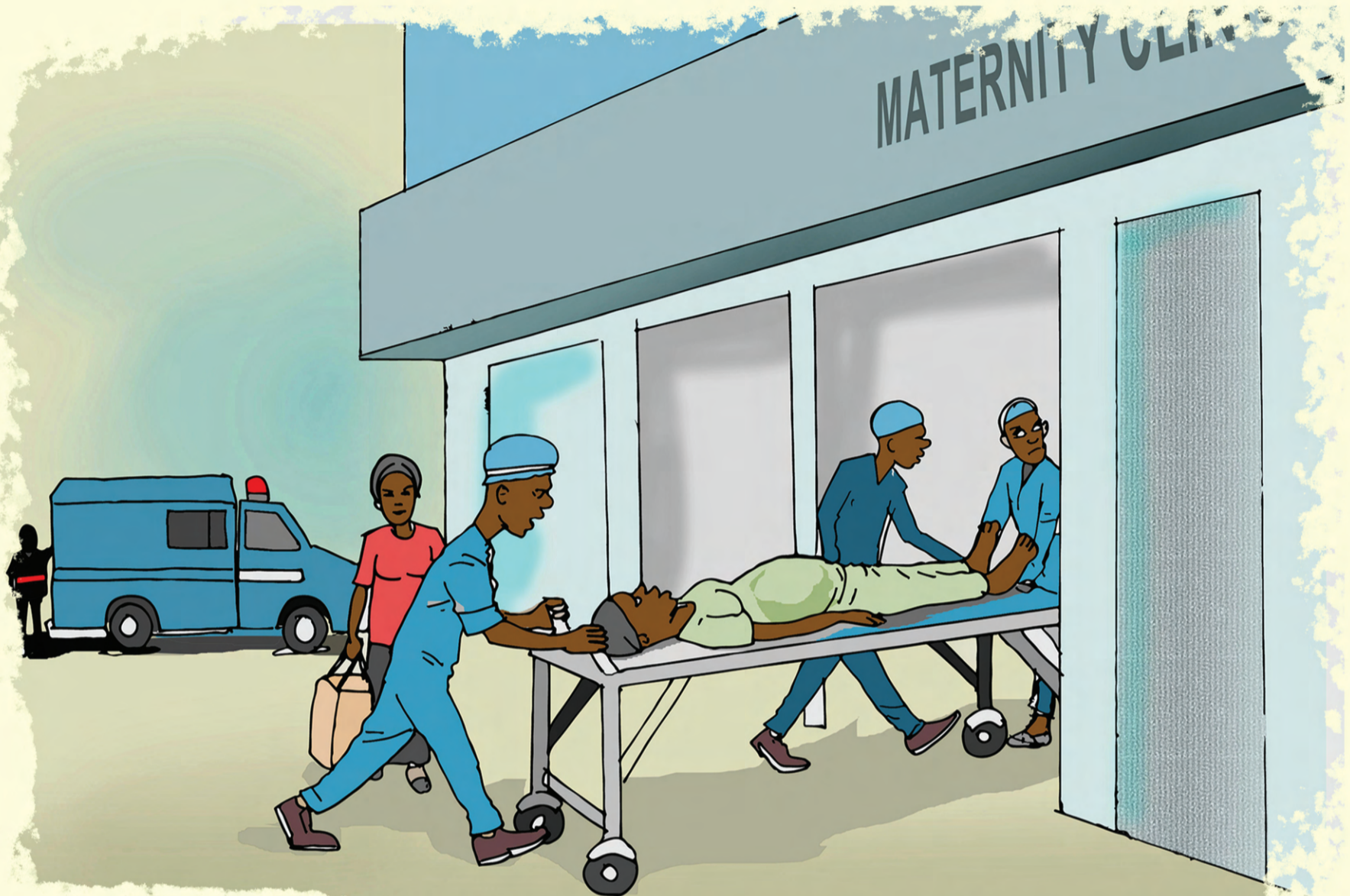
Egya ya na de matsala na un yin na gan egya na goyin na wo ga magi zo na. Wen be matsala yan tsutsu yan nnazhi. Wo ga le iri nana ye, sanin lo asibiti na tsoba wo na

Post-partum Haemorrhage is heavy vaginal bleeding, more than is normal after delivery.

It increases the risk of maternal death. If you experience this, go the nearest health facility as soon as possible.



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In kin fara ganin jinni bayan an sallame ki, kiyi gaggawa ki  
koma karamar asibiti.  
Malamar asibiti zata baki magani kafin a kai ki babbar asibiti

If you start bleeding heavily after being discharged, return to  
the PHC immediately.

The health worker will provide some treatment before  
referring you to the SHF.



# ZOKO WOLI OBOAWEITULO OCHE ABYI-YADA WOIWOI AKPEYE TU ONUBO BODO OBYIMAI



A kagna shugbegaba zhin kwazhin oza kpe obhoye tu nkagnazokwosapa ngye ozakpe a bha nnobho mabyi zokwo nho bha wan npyepyeyi to kwadna gyiwewun nmwan. Hakpe oza nnabha so amyi dolo wolowolo

Birth preparedness and emergency readiness plan helps you prepare for normal birth and make some plans in anticipation of what to do in case of an emergency. It helps you identify where you want to give birth, identify a means of transportation and save money for your delivery and care of your baby. You should also identify a blood donor, and an emergency decision maker to avoid delays in an emergency.



# ENAZHI UNGOYIN NNA WORO BE EWAN DECHI'AZA KPE ETI EWAN TO EGI MA'O NA

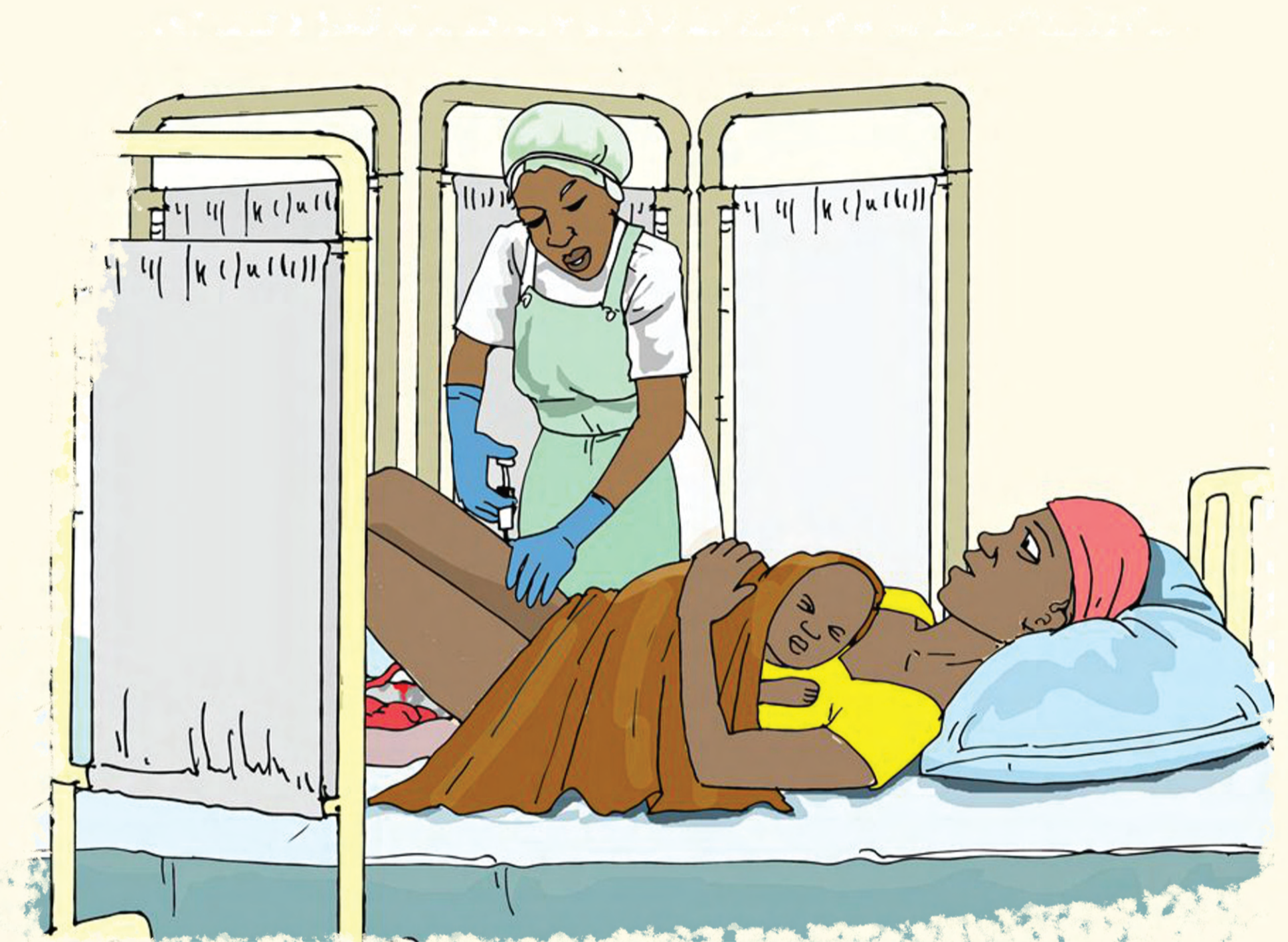


Egi ma asibiti'o wen lugwa etunlocizhi na de ilimi na a daban  
bo lokacin egi'ma a ma be we jinre

Facility delivery allows well trained doctors and nurses to be present to take the delivery of your baby and provide you with all necessary care.



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Malaman asibiti zata bada allura da  
minti daya bayan haihuwar ki saboda a  
hana zubar da jini

The healthcare worker should administer an  
injection to you within a minute of delivering  
your baby, to prevent bleeding.



# ABUBUWAN DA MASU JEGO DA MASU CIKI YA KAMATA SU SANI AKAN CIKI DA HAIHUWA



Ya kamata a sa miki yaro kusa da ke kuma ki fara shayar dashi da zarar kin haife shi saboda ki kare shi daga cututtuka kuma kuyi kusanta irin na mama da yaro

Your baby should be placed in direct contact with you, and you should start breast feeding your baby soon after birth to protect your baby from infections and to establish a bond between you and your baby.



# ZOKO WOLI OBOAWEITULO OCHE ABYI-YADA WOIWOI AKPEYE TU ONUBO BODO



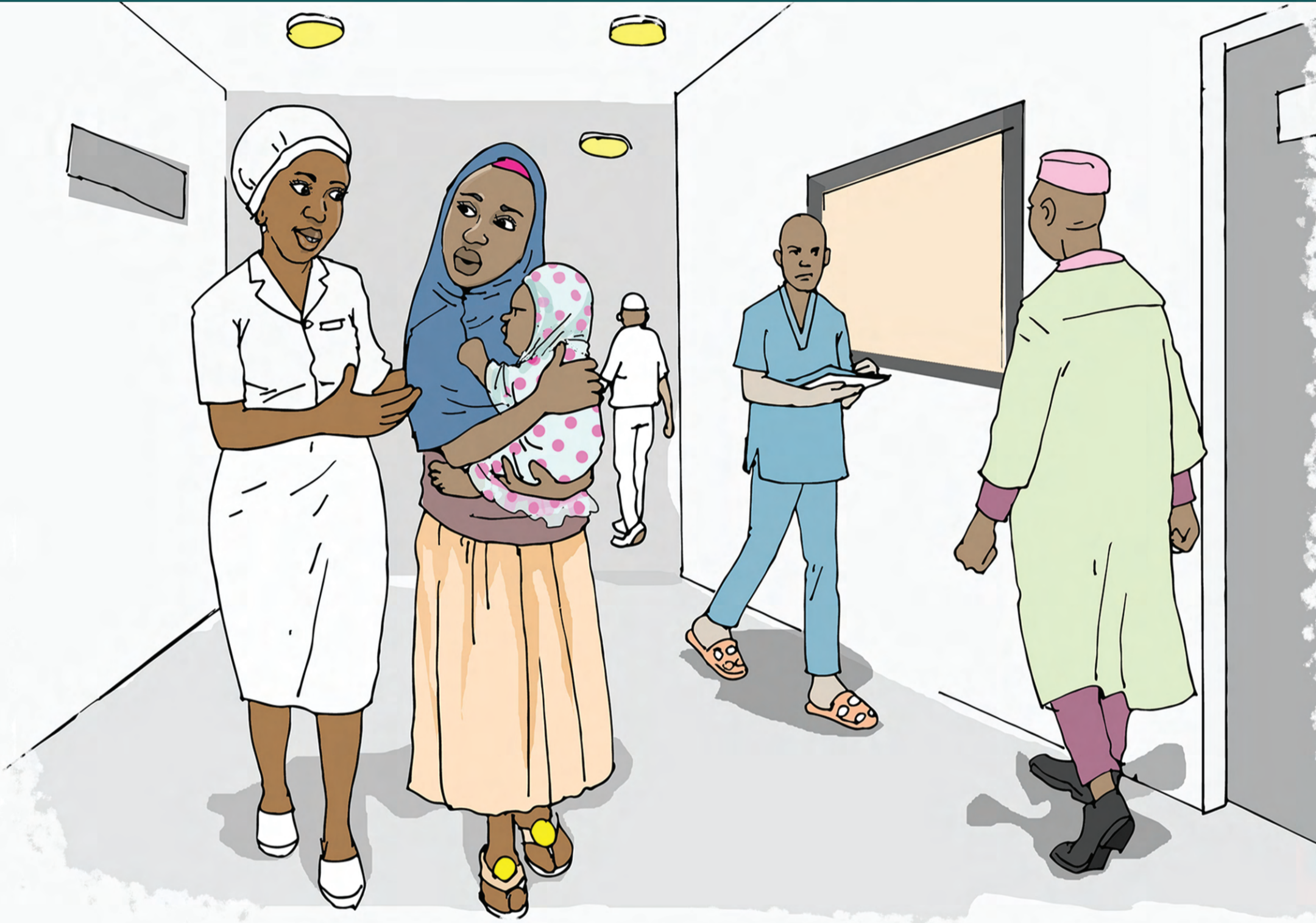
Beyekpeyi nna byima zokwo ba da obho nna ba zhin nkwa shige abdo abyimn byimanlafiyayi njeson wobakpe zokwo nna ba nwa koyi shige a bha wan zokwodo nna badonun

A selected decision maker will be able to and empowered to take important decisions for urgent or emergency interventions.

He/she should be familiar with processes relating to referral for further care when recommended



# ENAZHI UNGOYIN NNA WORO BE EWAN DECHI'AZA KPE ETI EWAN TO EGI MA'O NA



Gbi nos ko likitagan kafi wo ya asibiti na enazhi ungoyin wo jin damuwa wo ga leye na kuma ungoyin wo kezhe'o lo asibiti wo ga le egya dokun, gbakotan, etisan, bichi wun ko ebe tan ko chenji na

Ask your doctor or nurse before you leave about danger signs and return to the hospital if you start experiencing abnormal blood loss, abdominal pain, headaches, leg swelling or breast pain/changes.



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Ki yi gaggawar komawa asibiti da zarar kin fuskanci wasu lalurori kamar rashin girma ko kurazin yaro, zafin jiki da shawara

Return to the hospital if you notice any abnormalities in your baby, such as slow growth, abnormal breathing, a fever or yellowing of eyes.