

# 10 TIPS FOR A HEALTHY PREGNANCY

1. See your health care provider as soon as you think you are pregnant and make sure to keep all health care appointments.
2. Gaining the right amount of weight is important during pregnancy. Ask your provider how much is right for you. It varies for each person. Average is 25-35 lbs.
3. Eat 3 healthy meals a day, drink lots of water (6 to 8 glasses a day) and take vitamins high in folic acid.
4. Exercise regularly (i.e. try walking for 30 minutes three times a week).
5. Don't smoke, drink alcohol or use street drugs. They can hurt you and your baby.
6. Don't take any medicine – even an aspirin – without asking your health care giver if it's safe.
7. Read the label for directions and warnings before you use paint, bug spray, cleaner or other chemicals.
8. If you own cats, avoid changing the litter box while pregnant.
9. Tell your health care provider and your dentist that you are pregnant before getting any X-rays or any other dental work.
10. Share your feelings – whether you're excited, scared, happy or nervous – with your friends, family and provider.

**PARTNERS**



**FOR HEALTHY  
BABIES**

1-800-251-BABY

The Health Units listed below offer  
 Medicaid eligibility, prenatal care information  
 and WIC services to pregnant women.

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Allen . . . . .	(318) 335-1147
Ascension . . . . .	(225) 474-2004
Assumption . . . . .	(985) 369-6031
Avoyelles . . . . .	(318) 253-4528
Beauregard . . . . .	(337) 463-4486
Bienville . . . . .	(318) 263-2125
Bossier . . . . .	(318) 741-7314
Caddo . . . . .	(318) 676-5222
Calcasieu . . . . .	(337) 478-6020
Caldwell . . . . .	(318) 649-2393
Cameron . . . . .	(337) 775-5368
Catahoula . . . . .	(318) 744-5261
Claiborne . . . . .	(318) 927-6127
Concordia . . . . .	(318) 757-8632
Desoto . . . . .	(318) 872-0472
E. Baton Rouge . . . . .	(225) 342-1711
E. Carroll . . . . .	(318) 559-2012
E. Feliciana . . . . .	(225) 683-8551
Evangeline . . . . .	(337) 363-1135
Franklin . . . . .	(318) 435-2143
Grant . . . . .	(318) 627-3133
Iberia . . . . .	(337) 373-0021
Iberville . . . . .	(225) 687-9021
Jackson . . . . .	(318) 259-6601
Jefferson . . . . .	(504) 838-5100
Jefferson Davis . . . . .	(337) 824-2193
Lafayette . . . . .	(337) 262-5616
Lafourche . . . . .	(985) 447-0921
Lasalle . . . . .	(318) 992-4842
Lincoln . . . . .	(318) 251-4120
Livingston . . . . .	(225) 686-7017
Madison . . . . .	(318) 574-3311
Morehouse . . . . .	(318) 283-0806
Natchitoches . . . . .	(318) 357-3132
New Orleans City Health Dept. . . . .	(504) 565-6900
Ouachita . . . . .	(318) 362-3400
Plaquemines . . . . .	(504) 394-3510
Pointe Coupee . . . . .	(225) 638-7320
Rapides . . . . .	(318) 487-5282
Red River . . . . .	(318) 932-4087
Richland . . . . .	(318) 728-4441
Sabine . . . . .	(318) 256-4105
St. Bernard . . . . .	(504) 278-7410
St. Charles Community Health Center . . . . .	(985) 785-2314
St. Helena . . . . .	(225) 222-6178
St. James . . . . .	(225) 265-2181
St. John . . . . .	(985) 536-2172
St. Landry . . . . .	(337) 948-0220
St. Martin . . . . .	(337) 394-3097
St. Mary . . . . .	(985) 380-2441
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Tangipahoa . . . . .	(985) 748-2020
Tensas . . . . .	(318) 766-3515
Terrebonne . . . . .	(985) 857-3601
Union . . . . .	(318) 368-3156
Vermilion . . . . .	(337) 893-1443
Vernon . . . . .	(337) 238-6410
Washington . . . . .	(985) 839-5646
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W. Carroll . . . . .	(318) 428-9361
W. Feliciana . . . . .	(225) 635-3644
Winn . . . . .	(318) 628-2148