

PREGNANCY: MESSAGES

LAST UPDATE: MARCH 2022

About the Message Library

People affected by disaster must have access to timely, appropriate and accurate information to help them keep themselves and their families safe and well. They should know their rights, entitlements and be able to give feedback. Responders have a duty to put in place appropriate, systematic and coordinated mechanisms to ensure this.

Our Message Library offers clear, concise and simple messages on a range of topics as templates for you to adapt and use in the context you are working in. These are intended to help you make a quick start on communicating with communities while you further develop mechanisms for on-going dialogue with diverse groups within each community.

For help contextualising and using the messages we recommend you do our e-learning course and read the following technical guidance.

E-learning

<https://kayaconnect.org/course/info.php?id=768>

Guidance

<https://www.cdacnetwork.org/tools-guidance/cdac-message-library-user-guidance>

Advice on seeking help during pregnancy

If you are pregnant, it is important to see a skilled birth attendant, such as a doctor, nurse or trained and qualified midwife at least four times at regular intervals throughout your pregnancy. They can check your health and your baby's health and give you advice and support. It is also important that a skilled birth attendant assists at birth, preferably in a health facility.

Warning and danger signs during pregnancy

If you feel weak or unwell, feel the baby has stopped moving, have severe headaches or convulsions, you are in pain, you are losing consciousness, no longer feel the baby moving inside and particularly if you have fever during your pregnancy, seek medical help immediately. Your nearest health facility is at [insert info here].

Why iodine is important

Iodine is important during pregnancy to help with your child's development. Iodine helps prevent learning difficulties. Using iodised salt instead of ordinary salt provides you and your child with as much iodine as they need. Iodised salt, which is essential for a child's development and is taken by a pregnant mother, can be found at [insert info here].

What is a miscarriage?

A miscarriage is when a woman's pregnancy ends naturally in the first 20 weeks of her pregnancy. Sometimes, when a miscarriage happens very early, there may be no symptoms other than some bleeding that you may think is your period. At other times, you may get some very strong symptoms, including heavy vaginal bleeding, cramping and / or lower abdominal pain. If the bleeding is very heavy you may lose consciousness.

Symptoms of miscarriage or other problems during pregnancy

If you are pregnant and have vaginal bleeding, cramping and / or lower abdominal pain, you may be at risk of losing your baby during pregnancy. If you suffer from any of these symptoms contact your local healthcare worker immediately.

REFERENCES

For more information on this topic, we recommend you read the following references.

Please contact us with suggested references for this topic.

HELP US KEEP THE LIBRARY UP TO DATE

If you would like to contribute to topic reviews, have found a message that needs greater clarity, or wish to create a new topic, please contact us at info@cdacnetwork.org.