



## When to Call your Midwife in the First Trimester

(1-12 weeks)

Call your healthcare provider right away if you have:

- A fever higher than 100.4 degrees Fahrenheit
- Heavy bleeding, soaking more than one pad an hour for three hours
- Unusual or severe cramping or abdominal pain
- Severe or persistent vomiting and/or diarrhea
- Fainting spells or dizziness
- Pain, burning, or trouble urinating
- Unusual vaginal discharge
- Swelling in your hands, fingers, or face
- Blurred vision or spots before your eyes
- One extremity swollen more than the other
- Severe headaches
- Pain or cramping in your arms, legs, or chest

During your pregnancy, you CAN:

- Dye your hair.
- Have acrylic nails applied.
- Have TB (tuberculosis) skin testing (Mantoux®) done.
- Go to a chiropractor.
- Shave your pubic hair.
- Use insect repellent (DEET).

During your pregnancy, you should NOT:

- Use alcohol, take drugs, or smoke.
- Fast during holidays.
- Go in a Jacuzzi, whirlpool, or hot tub.
- Visit a tanning bed.