



FETAL PROTECTION

By A1C D-Jay Gangano

We know all birth defects cannot be prevented. But, we also know that you can improve your chances of having a healthy baby by taking on a healthy lifestyle, managing existing medical conditions, and limiting potential hazards on/off duty.

Potential Hazards Can Include (But Not Limited To):

- Heat
- Lead and Other Heavy Metals
- Noise
- Pesticides
- Stress
- Physical Demands (Lifting, Standing, Bending)
- Radiation – Ionizing, Nonionizing
- Smoke/Secondhand Smoke
- Work Schedule (Shift Work and Long Working Hours)

PUBLIC HEALTH RECOMMENDATIONS

Public Health recommends making a PACT to get healthy before and during pregnancy.

Plan Ahead

Avoid Harmful Substances

Choose a Healthy Lifestyle

Talk With your Doctor Every Step of the Way

If you are Active Duty and recently found out you are pregnant, Public Health will work with you to ensure you are working in a safe area and appropriate profiles are in place.

Please reach out to your local Public Health office at 225-5311 if you have any questions or concerns.