I’m Pregnant. How can I maintain strong Immune System in the context of COVID-19?

- Maintain at least eight ante-natal visits
- Take Iron and Folic Acid supplements (IFAS) once daily
- Ensure your birth plan is up to date
- Eat variety of food from at least 5 food groups daily (3 meals and 2 snacks a day)
- Eat extra small meal daily

Help prevent spread of Covid-19 with these actions:
- Wash your hands regularly.
- Avoid touching your eyes, nose and mouth.
- Put space between yourself and others.
- Cough or sneeze into your bent elbow or a tissue.

Call 719 or Dial *719# for more information:
@MOH_Kenya @SpokespersonGOK @WHOKenya