



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



Maintain atleast eight  
ante-natal visits



Eat variety of food  
from atleast 5 food  
groups daily (3 meals  
and 2 snacks a day)



Take Iron and Folic Acid  
supplements (IFAS) once  
daily



Eat extra small meal  
daily



Ensure your birth plan is  
up to date

*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:

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