

Hear Her. You Can Help Save Her Life.



Over 700 women die each year in this country from problems related to pregnancy or delivery complications. Every death is a tragedy, especially when we know that two thirds of pregnancy-related deaths could be prevented. As many as 50,000 women experience severe, unexpected health problems related to pregnancy that may have long-term health consequences.

Women know their own bodies better than anyone and can often tell when something does not feel right. The Hear Her campaign seeks to encourage partners, friends, family, coworkers, and providers—anyone who supports pregnant and postpartum women—to really listen when she tells you something doesn't feel right. Acting quickly could help save her life.

Watch for these urgent maternal warning signs during pregnancy and in the year after delivery:

- Headache that won't go away or gets worse
- Dizziness or fainting
- Changes in your vision
- Fever of 100.4°F or higher
- Extreme swelling of your hands or face
- Thoughts about harming yourself or your baby
- Trouble breathing
- Chest pain or fast-beating heart
- Severe nausea and throwing up
- Severe belly pain that doesn't go away
- Baby's movement stopping or slowing during pregnancy
- Vaginal bleeding or discharge after pregnancy

Learn more warnings signs and read personal stories at: www.cdc.gov/hearher

JUST ASK WIC

Are you having trouble finding WIC foods at your local grocery store?

Do you have questions about which foods are and are not covered by WIC?

**Call our office today:
517-546-5459**

Did you know?

You can use your WIC card to purchase:

- Low-fat milk
- Cereal
- Peanut butter
- Beans
- Tuna
- Infant cereal
- Infant meals

Every WIC food plays a role in good nutrition! See the next page for a spotlight on beans and a delicious chili recipe!



Vaccinations are a great way to protect your child!

**Livingston County Health
Department Immunization Clinic
is now open by appointment.**

Call for an appointment.
517-546-9850

Mental Health Tips

Stay Positive - Remember to stay positive. If you're stressed you might eat differently. Practice healthy, stress relieving activities like walking the dog, in-home workouts, reading, meditation, cooking, or picking up a new hobby.

Routine - If possible, stick to your regular routine. Wake up and go to bed at your normal times, eat meals and snacks throughout the day as you usually would. This is important to keep a good mindset for physical and mental health.

WIC Food Spotlight: Beans

Beans and lentils provide a low fat source of:

- **Protein**, which provides energy and helps your body build bones, muscles, cartilage, and skin.
- **Fiber**, which helps keep you regular and helps you feel full after a meal.
- **Folate/Folic Acid**, which helps with cell growth and prevents birth defects.

Vegetarian Chili

Ingredients:

- 2 cans (14.5 oz) diced tomatoes
- 1 can (15 oz) garbanzo or kidney beans (drained)
- 1 can (15 oz) black beans (drained)
- 1 1/2 cups water
- 2 cups corn
- 1 large onion, chopped (about 1 1/2 cups)
- 3-4 teaspoons chili powder
- Shredded cheese (optional)

Directions: Put all ingredients except cheese in a large pot. Heat to boiling over high heat. Reduce heat. Simmer about 20 minutes or until hot (stirring occasionally). Top with shredded cheese if desired.

WIC Breastfeeding Peer Counselor



Jennifer Kaiser

Email: jkaiser@livgov.com

Call or text: 517-375-0554

- Help with breast pumps
- Offer breastfeeding encouragement
- Help plan for the return to work/school
- Provide education, problem-solving, and support

Breast milk is the best source of nutrition for baby.

Support is so important and we are here for you.

Call or text Jen today!