



# Prenatal Care Program



## Welcome!

*Thank you for choosing Axis Community Health to be your partner for a healthy start!*

Your Axis team includes doctors, nurses, medical assistants and pregnancy care coordinators who are all here to provide you the best in prenatal care. We will support you with the services and information you need. We will explain all needed tests, help you plan for your labor and birth, and answer all of your questions with complete confidentiality. This is your journey, and as you make choices about your care during pregnancy we are here to support you. We look forward to giving you and your baby the foundation you need for a secure and healthy start.

## Care for You & Your Baby

- Regular medical checkup-ups throughout your pregnancy
- Prenatal tests, including ultrasounds
- Information on pregnancy, labor and delivery, breastfeeding, and baby care
- A personal tour of Stanford Health Care –ValleyCare's labor and delivery department
- Connections to key services, such as our Comprehensive Perinatal Services Program (CPSP), Women, Infants and Children (WIC) Nutrition, insurance enrollment, and counseling services
- Connections to resources for food, shelter or other critical needs and healthy start.

## Changes to be Aware of During Your Pregnancy

Many changes will happen during your pregnancy. Here is a list of symptoms that may indicate a need for treatment. You can call us for medical advice anytime, 24-hours a day, 7 days a week. We are here for you.

### **Call us at Axis right away if you experience...**

- Fever or chills
- A really bad headache that lasts a few days
- Dizziness that lasts for more than a short time
- Change in your eyesight, such as blurry vision, flashes of lights or spots
- A swollen face or hands
- An accident, fall or get hit in the stomach
- Unusual vaginal discharge
- Sharp pain when you urinate

### **Don't wait, go to Stanford-ValleyCare hospital if you have...**

- Difficulty breathing
- Bleeding from your vagina
- A sudden gush or leak of fluid from your vagina
- Later in pregnancy, call us right away if you experience sudden movement or no movement from your baby
- The uterus tightens up more than 5 times in one hour or more than every 10 minutes
- Vomiting, a bad stomach ache, diarrhea or cramps
- Pressure or pain in your thighs, back or vagina

**Call Axis 24-hour medical advice 925-462-1755**

**Call Stanford-ValleyCare for Emergencies 925-416-3440**



# Helpful Contacts

## **Emergency Care and Delivery Services**

Stanford Health Care – ValleyCare

5555 W. Las Positas Blvd., Pleasanton, CA 94566

925-416-3440

## **WIC Nutrition – Food Program and Breastfeeding Support**

Axis Community Health – WIC Program

1991-H Santa Rita Road

Pleasanton, CA 94566

925-462-2365

## **Quest Diagnostics Laboratory Services**

Located inside our Axis clinic at:

5925 W. Las Positas Blvd., Suite 100, Pleasanton, 94588 -or-

5720 Stoneridge Mall Road, 110, Pleasanton, 94588, 925-227-0180

1090 E. Stanley Blvd., Livermore, CA 94550, 925-245-0375

## **Axis Community Health Locations**

3311 Pacific Ave., Livermore, CA 94550

4361 Railroad Ave., Pleasanton, CA 94566

5925 W. Las Positas Blvd., Suite 100, Pleasanton, CA 94588

Call 925-462-1755 for an appointment

## **Axis Patient Portal**

You can use the Axis Patient Portal to request appointments, view lab results, securely e-mail your provider, renew medications and more. Sign up at [axishealth.org](http://axishealth.org) or ask your care team.

**For more information visit [axishealth.org](http://axishealth.org)**





# Appointment Journal



Keep track of your appointments here.

5925 W. Las Positas Blvd.  
Pleasanton, 94588

4361 Railroad Ave.  
Pleasanton, 94566

3311 Pacific Ave.  
Livermore, 94550

	Appt. Type	Location	Date	Time
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## Reminders:

- 1) Call (925) 462-1755 to make an appointment. Please arrive 15 minutes prior to your appointment time. If you are late, you may be asked to reschedule your appointment.
- 2) Axis provides medical advice 24-hours a day for urgent medical concerns. The advice line is available every day of the week, even when the clinic is closed. You can reach our advice line at any time by calling (925) 462-1755.



# Your First Appointment



It is very important to keep this appointment!

## Tri-Valley OB/GYN Medical Group Dr. Scott D. Eaton

1133 East Stanley Blvd., Suite #205  
Livermore, CA 94550  
(925) 373-4129

Date:

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Time:

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### Reminders:

- 1) Your very first appointment is with our OB-GYN Dr. Eaton at his office in Livermore. This appointment may be for a vaginal ultrasound or a physical including a Pap smear (depending on the gestational age).
- 2) It is your responsibility to contact Dr. Eaton's office to cancel and or reschedule your appointment. Please try to cancel within 24 hours and arrive at least 10 minutes before your appointment.
- 3) Once you complete your visit with Dr. Eaton, you will have regular visits with a nurse practitioner at Axis Community Health for routine prenatal appointments. Please call Axis at 925-462-1755 if you have questions or need to reschedule an appointment.
- 4) You can also contact Axis's prenatal coordinator, Erika Cordova, CPSP Health Worker & Lactation Counselor, at 925-201-6264

# Pregnant? Steps for a Healthy Baby

You can help prevent miscarriage, birth defects or illness.



1. **Take a prenatal vitamin with 400 micrograms of folic acid each day.**

It is best to start before getting pregnant. Most multi-vitamins have 400 micrograms of folic acid.



2. **Do not drink alcohol.**

That includes beer, wine, wine coolers and hard liquor. There is no safe amount.

3. **Do not smoke.**

For help quitting, ask your doctor or call 1-800-NO-BUTTS.

**Also, avoid second-hand smoke.**

4. **Do not use any street drugs, including marijuana.**

If needed, get counseling. You can ask your doctor for help to get treatment.

5. **Check with your doctor before taking any drugs, medicine, or herbs.**

Natural products and herbs are not always safe. Tell your doctor about any prescription or over-the-counter drugs you take.

6. **Limit caffeine from coffee, sodas with caffeine, and energy drinks.**

Do not drink more than one cup each day.

7. **Cook your meat until it is well done.**

Do not eat raw meat, seafood or eggs. Do not eat hot dogs, luncheon meats, or deli meats unless they are reheated until steaming hot.

8. **Do not share forks, cups, or food with children.**

9. **Avoid raw milk (not pasteurized) and foods made from raw milk.**

Do not eat soft cheeses such as queso fresco, feta or brie unless the labels show they are pasteurized.

10. **Do not eat shark, swordfish, tilefish, or king mackerel.**

They have higher amounts of mercury.



**For other fish, do not eat more than 12 ounces per week.**

For more information on fish, see <http://www.epa.gov/waterscience/fish/advice> or call 1-800-532-3749.



# Pregnant? Steps for a Healthy Baby

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## 11. Wash your hands with soap and water often.

### Be sure to wash when

- leaving the bathroom
- eating or preparing food
- taking care of children or pets
- changing diapers
- being around people who are sick
- getting saliva (spit) on your hands

If there is no soap and water, use alcohol-based hand gel (at least 60% alcohol).



## 12. Avoid people who are sick.

Stay away from people who have infections, like fevers, rashes, coughs, or sore throats.

## 13. Avoid exposure to chemicals and fumes.

Use good ventilation and wear protective clothing, like gloves. Never mix cleaning fluids.

Avoid **exposure to lead** in products such as paint, batteries, and imported pottery.

Find out more about **job safety** if you work with pesticides, or in:

- salons
- dry cleaning
- auto repair
- printing
- graphic design
- plumbing
- carpentry
- battery plants
- funeral homes
- factories
- laboratories



## 14. Do not change cat litter or work in the garden.

If you must change cat litter or garden, wear gloves. Wash your hands after taking off the gloves.

## 15. Stay away from rodents and their droppings.

If you have wild rodents in or around your home, try to get rid of them. If you have a pet rodent, like a mouse or guinea pig, have someone else care for it until your baby is born.



## 16. Do not douche.

Douching may cause problems in pregnancy.

## 17. Avoid raising your body temperature for more than 10 minutes like in a hot tub, a very hot bath, a sauna, or from heavy exercise.

If you have a fever, ask your doctor about medicine to lower it.

## 18. Avoid X-rays unless ordered by your doctor or dentist.

Be sure to tell health care workers you are pregnant.

## 19. Get a flu shot.

Flu shots are safe for you and your baby. Pregnant women who get the flu can have serious health problems.



## 20. Get help if you feel unsafe with your partner.

For domestic violence help, talk to your doctor or call 1-800-799-7233.

For help, call the California Pregnancy Risk Information Line: 1-800-532-3749.

<http://www.otispregnancy.org/otis-fact-sheets-s13037>

# Taking Steps to Improve Your Health

**Now that I'm pregnant, I can make one small change to improve my health!**

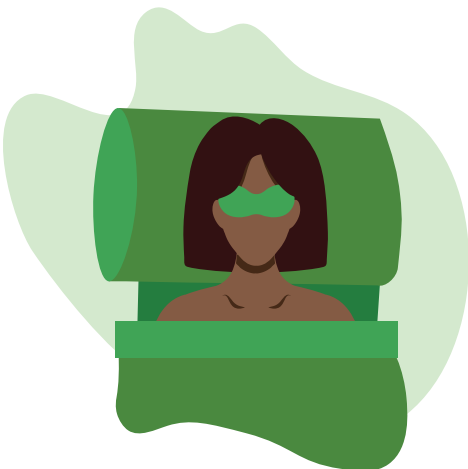
**Choose One:**



- ☐ Drink for or more glasses of water each day.
- ☐ Limit fruit juice to one small cup each day.
- ☐ Avoid sugary drinks, like soda or punch.
- ☐ Switch from regular milk to low fat or nonfat milk.



- ☐ Eat a variety of fresh, frozen, or canned fruits each day.
- ☐ Eat two or mre fresh, frozen, or canned vegetables each day.
- ☐ Grill, boil or bake meats, poultry, and fish. Take the skin off chicken before of after it is cooked.
- ☐ Eat whole grains at least half the time, like oatmeal, brown rice, corn tortillas and whole wheat bread.
- ☐ Use liquid oils from plants, such as canola, olive, or corn oil



- ☐ Limit us of solid fats such as lard, margarine, butter, or shortening.
- ☐ Eat fewer fried foods
- ☐ Be active each day, like walking, dancing, or taking the stairs.

**At your next visit, tell us about your one small change.**

# Take Prenatal Vitamins & Minerals

Prenatal vitamins help you and your baby grow and stay healthy, but be careful when using them:

- Keep your prenatal vitamin and mineral pills out of reach of children
- If children eat them, they can get very sick or even die.
- If your child does swallow any of your pills, call California Poison Control right away at 1-800-222-1222 and visit [www.calpoison.org](http://www.calpoison.org).



**Taking prenatal vitamins and minerals safely:**

- Use prenatal vitamins and minerals that are 100% of the U.S. RDA.
- Only take the recommended or prescribed of vitamins or minerals a day. If you take more, it can be harmful.
- Take your prenatal pill with water or juice. Do not take with milk, cheese, or yogurt.
- Take your prenatal pill at bedtime or between meals

**Possible vitamin and minerals discomforts:**

- Constipation
- Stomach sickness
- Diarrhea

Talk to your health care provider about your discomforts. Your provider can help find a prenatal vitamin and mineral that works best for you.

## Take Action:

**My plan to take my prenatal vitamins and minerals:**

I will take my prenatal pill at this time: \_\_\_\_\_

I will remember to take my prenatal pill each day by: \_\_\_\_\_

I will keep my pills safe from children by: \_\_\_\_\_

If my pills make me feel uncomfortable, I will contact: \_\_\_\_\_

When I run out of prenatal pills, I will: \_\_\_\_\_



# TB Elimination

## *Tuberculosis: General Information*

### What is TB?

Tuberculosis (TB) is a disease caused by germs that are spread from person to person through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine. A person with TB can die if they do not get treatment.

### What are the Symptoms of TB?

The general symptoms of TB disease include feelings of sickness or weakness, weight loss, fever, and night sweats. The symptoms of TB disease of the lungs also include coughing, chest pain, and the coughing up of blood. Symptoms of TB disease in other parts of the body depend on the area affected.

### How is TB Spread?

TB germs are put into the air when a person with TB disease of the lungs or throat coughs, sneezes, speaks, or sings. These germs can stay in the air for several hours, depending on the environment. Persons who breathe in the air containing these TB germs can become infected; this is called latent TB infection.

### What is the Difference Between Latent TB Infection and TB Disease?

People with latent TB infection have TB germs in their bodies, but they are not sick because the germs are not active. These people do not have symptoms of TB disease, and they cannot spread the germs to others. However, they may develop TB disease in the future. They are often prescribed treatment to prevent them from developing TB disease.

People with TB disease are sick from TB germs that are active, meaning that they are multiplying and destroying tissue in their body. They usually have

symptoms of TB disease. People with TB disease of the lungs or throat are capable of spreading germs to others. They are prescribed drugs that can treat TB disease.

### What Should I Do If I Have Spent Time with Someone with Latent TB Infection?

A person with latent TB infection cannot spread germs to other people. You do not need to be tested if you have spent time with someone with latent TB infection. However, if you have spent time with someone with TB disease or someone with symptoms of TB, you should be tested.

### What Should I Do if I Have Been Exposed to Someone with TB Disease?

People with TB disease are most likely to spread the germs to people they spend time with every day, such as family members or coworkers. If you have been around someone who has TB disease, you should go to your doctor or your local health department for tests.

### How Do You Get Tested for TB?

There are tests that can be used to help detect TB infection: a skin test or TB blood tests. The Mantoux tuberculin skin test is performed by injecting a small amount of fluid (called tuberculin) into the skin in the lower part of the arm. A person given the tuberculin skin test must return within 48 to 72 hours to have a trained health care worker look for a reaction on the arm. The TB blood tests measures how the patient's immune system reacts to the germs that cause TB.

## What Does a Positive Test for TB Infection Mean?

A positive test for TB infection only tells that a person has been infected with TB germs. It does not tell whether or not the person has progressed to TB disease. Other tests, such as a chest x-ray and a sample of sputum, are needed to see whether the person has TB disease.

## What is Bacille Calmette–Guérin (BCG)?

BCG is a vaccine for TB disease. BCG is used in many countries, but it is not generally recommended in the United States. BCG vaccination does not completely prevent people from getting TB. It may also cause a false positive tuberculin skin test. However, persons who have been vaccinated with BCG can be given a tuberculin skin test or TB blood test.

## Why is Latent TB Infection Treated?

If you have latent TB infection but not TB disease, your doctor may want you to take a drug to kill the TB germs and prevent you from developing TB disease. The decision about taking treatment for latent infection will be based on your chances of developing TB disease. Some people are more likely than others to develop TB disease once they have TB infection. This includes people with HIV infection, people who were recently exposed to someone with TB disease, and people with certain medical conditions.

## How is TB Disease Treated?

TB disease can be treated by taking several drugs for 6 to 12 months. It is very important that people who have TB disease finish the medicine, and take the drugs exactly as prescribed. If they stop taking the drugs too soon, they can become sick again; if they do not take the drugs correctly, the germs that are still alive may become resistant to those drugs. TB that is resistant to drugs is harder and more expensive to treat. In some situations, staff of the local health department meet regularly with patients who have TB to watch them take their medications. This is called directly observed therapy (DOT). DOT helps the patient complete treatment in the least amount of time.

## Additional Information

CDC. Questions and Answers About TB  
<http://www.cdc.gov/tb/publications/faqs/default.htm>

<http://www.cdc.gov/tb>

# Pregnant? You Need a **Flu Shot!**



## Information for pregnant woman



**Because you are pregnant CDC and your ob-gyn or midwife recommend you get a flu shot to protect yourself and your baby from flu.**

**You should get vaccinated by the end of October, if possible. This timing can help ensure that you are protected before flu activity begins to increase. Talk to your ob-gyn or midwife about getting a flu shot.**

### ***Flu can be a serious illness, especially when you are pregnant.***

Getting flu can cause serious problems when you are pregnant. Even if you are generally healthy, changes in immune, heart, and lung functions during pregnancy make you more likely to get severely ill from flu. Pregnant women (and women up to two weeks postpartum) who get flu are at high risk of developing serious illness, including being hospitalized.

### ***Flu shots are the best available protection for you – and your baby.***

When you get your flu shot, your body starts to make antibodies that help protect you against flu. Antibodies are also passed on to your developing baby, and help protect them for several months after birth. This is important because babies younger than 6 months old are too young to get a flu vaccine. If you breastfeed your infant, antibodies also can be passed through breast milk. It takes about two weeks for your body to make antibodies after getting a flu vaccine. Talk to your doctor, nurse, or clinic about getting vaccinated by the end of October.

### ***Flu shots are safe for pregnant and breastfeeding women.***

You can get a flu shot at any time, during any trimester, while you are pregnant. Millions of pregnant women have gotten flu shots. Flu shots have a good safety record. There is a lot of evidence that flu vaccines can be given safely during pregnancy, though these data are limited for the first trimester.

If you deliver your baby before getting your flu shot, you should still get vaccinated. Flu is spread from person to person. You, or others who care for your baby, may get sick with flu, and spread it to your baby. It is important that everyone who cares for your baby get a flu vaccine, including other household members, relatives, and babysitters.

### ***Common side effects of a flu vaccine are mild.***

After getting your flu shot, you may experience some mild side effects. The most common side effects include soreness, tenderness, redness and/or swelling where the shot was given. Sometimes you might have a headache, muscle aches, fever, and nausea or feel tired. The flu is a serious illness, especially when you are pregnant.



## If you have flu symptoms, call your doctor immediately.

If you get flu symptoms (e.g., fever, cough, body aches headache, etc.) – even if you have already had a flu shot – call your doctor, nurse, or clinic right away. Doctors can prescribe influenza antiviral medicine to treat flu. Antiviral drugs can shorten your flu illness, make it milder and lessen the chance of developing serious complications. Because pregnant women are at high risk of developing serious flu complications, CDC recommends that they be treated quickly with antiviral drugs if they get flu symptoms. Oral oseltamivir is the preferred treatment for pregnant women because it has the most data available to suggest that it is safe and beneficial. These medicines work best when started early.

Fever is often a symptom of flu. Having a fever early in pregnancy increases the chances of having a baby with birth defects or other problems. Acetaminophen (Tylenol® or brand store equivalent) can reduce a fever, but you should still call your doctor or nurse and tell them about your illness.

**If you have any of the following signs, call 911 and seek emergency medical care right away:**

- **Difficulty breathing or shortness of breath**
- **Persistent pain or pressure in the chest or abdomen**
- **Persistent dizziness, or confusion, or drowsiness.**
- **Severe or constant vomiting**
  - **Seizures**
  - **Not urinating**
  - **Severe muscle pain**
  - **Severe weakness or unsteadiness**
  - **Fever or cough that improves, but then returns or worsens**
- **Decreased or no movement of your baby**
- **High fever that is not responding to Acetaminophen (Tylenol® or brand store equivalent).**



**For more information about the flu or the vaccine, call: 1-800-CDC-INFO or visit: [www.cdc.gov/flu/](http://www.cdc.gov/flu/)**



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention



# Tdap (Tetanus, Diphtheria, Pertussis) Vaccine: *What You Need to Know*

Many Vaccine Information Statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis)

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite [www.immunize.org/vis](http://www.immunize.org/vis)

## 1 Why get vaccinated?

**Tdap vaccine** can prevent **tetanus, diphtheria, and pertussis**.

Diphtheria and pertussis spread from person to person. Tetanus enters the body through cuts or wounds.

- **TETANUS (T)** causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including being unable to open the mouth, having trouble swallowing and breathing, or death.
- **DIPHTHERIA (D)** can lead to difficulty breathing, heart failure, paralysis, or death.
- **PERTUSSIS (aP)**, also known as “whooping cough,” can cause uncontrollable, violent coughing which makes it hard to breathe, eat, or drink. Pertussis can be extremely serious in babies and young children, causing pneumonia, convulsions, brain damage, or death. In teens and adults, it can cause weight loss, loss of bladder control, passing out, and rib fractures from severe coughing.

## 2 Tdap vaccine

Tdap is only for children 7 years and older, adolescents, and adults.

**Adolescents** should receive a single dose of Tdap, preferably at age 11 or 12 years.

**Pregnant women** should get a dose of Tdap during every pregnancy, to protect the newborn from pertussis. Infants are most at risk for severe, life-threatening complications from pertussis.

**Adults** who have never received Tdap should get a dose of Tdap.

Also, **adults should receive a booster dose every 10 years**, or earlier in the case of a severe and dirty wound or burn. Booster doses can be either Tdap or Td (a different vaccine that protects against tetanus and diphtheria but not pertussis).

Tdap may be given at the same time as other vaccines.

## 3 Talk with your health care provider

Tell your vaccine provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of any vaccine that protects against tetanus, diphtheria, or pertussis**, or has any **severe, life-threatening allergies**.
- Has had a **coma, decreased level of consciousness, or prolonged seizures within 7 days after a previous dose of any pertussis vaccine (DTP, DTaP, or Tdap)**.
- Has **seizures or another nervous system problem**.
- Has ever had **Guillain-Barré Syndrome** (also called GBS).
- Has had **severe pain or swelling after a previous dose of any vaccine that protects against tetanus or diphtheria**.

In some cases, your health care provider may decide to postpone Tdap vaccination to a future visit.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting Tdap vaccine.

Your health care provider can give you more information.



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention



## 4 Risks of a vaccine reaction

- Pain, redness, or swelling where the shot was given, mild fever, headache, feeling tired, and nausea, vomiting, diarrhea, or stomachache sometimes happen after Tdap vaccine.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

## 5 What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at [www.vaers.hhs.gov](http://www.vaers.hhs.gov) or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff do not give medical advice.*

## 6 The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Visit the VICP website at [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation) or call **1-800-338-2382** to learn about the program and about filing a claim. There is a time limit to file a claim for compensation.

## 7 How can I learn more?

- Ask your health care provider.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
  - Call **1-800-232-4636 (1-800-CDC-INFO)** or
  - Visit CDC's website at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

Vaccine Information Statement (Interim)  
Tdap (Tetanus, Diphtheria,  
Pertussis) Vaccine



Office use only

# Pregnant or just had a baby? Take these steps to protect yourself from COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnant-people.html>

**Pregnant and recently pregnant people are more likely to get severely ill from COVID-19 compared to people who are not pregnant.**

Severe illness means that a person with COVID-19 may need:

- Hospitalization
- Intensive care
- A ventilator or special equipment to help them breathe

People with COVID-19 who become severely ill can die.

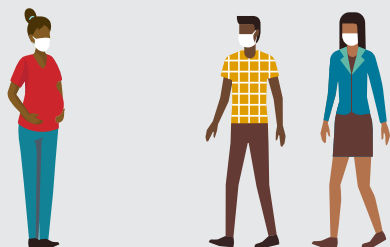


**If you are pregnant or recently had a baby, and are not fully vaccinated, here's what you can do to protect yourself:**



**You can receive a COVID-19 vaccination. A conversation with your healthcare provider might help you make an informed decision but is not necessary.**

**Avoid interacting in person with people who might have been exposed to COVID-19 as much as possible. If you or someone in your household is sick with COVID-19, follow recommendations for [isolation](#).**



**If you go out or interact with people who don't live with you, you should:**

- [Wear a mask.](#)
- Stay at least 6 feet away from anyone who doesn't live with you.
- Wash your hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- Avoid crowds and indoor spaces that do not offer fresh air from the outdoors.

✓ **Keep all of your recommended healthcare appointments during and after your pregnancy including your prenatal care appointments.**

- Some of these appointments can be done virtually, like on a phone or on a computer.

✓ **Get [recommended vaccines](#), including the flu vaccine and the whooping cough (Tdap) vac**

✓ **Ask your healthcare provider if you can get a 30-day (or longer) supply of your medicines, so you can make fewer trips to the pharmacy.**

- If possible, ask someone to go to the pharmacy for you.

✓ **Call your healthcare provider if you have any health concerns.**

- If you need emergency help, call 911 right away. Don't delay getting emergency care because of COVID-19.



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**[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)**

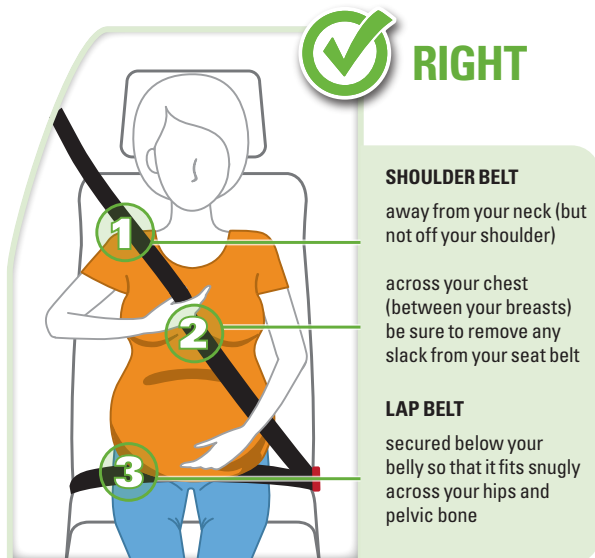
# IF YOU'RE **PREGNANT** SEAT BELT RECOMMENDATIONS FOR DRIVERS AND PASSENGERS

## I'M PREGNANT. SHOULD I WEAR A SEAT BELT?

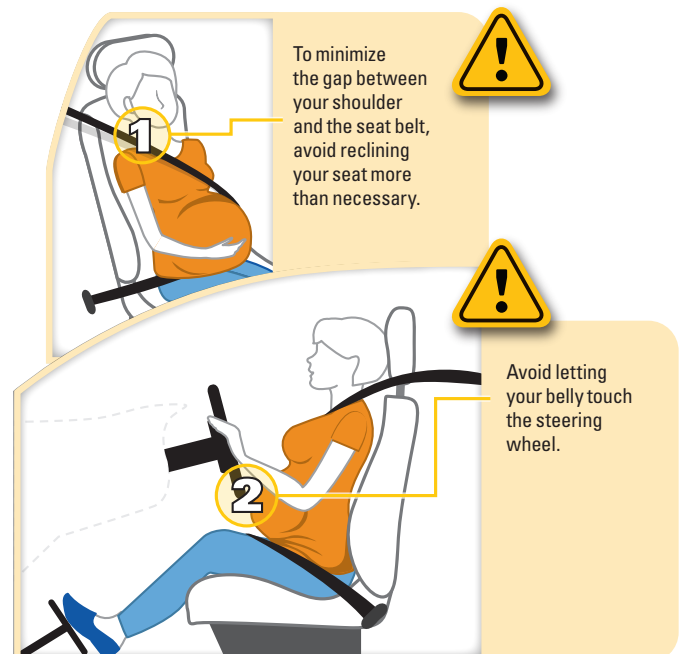
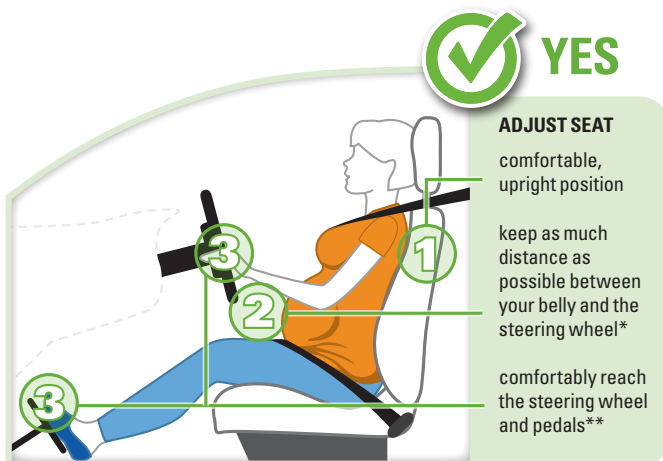
**YES**—doctors recommend it. Buckling up through all stages of your pregnancy is the **single most effective** action you can take to protect yourself and your unborn child in a crash.

**NEVER**  
drive or ride in a car  
without **buckling up** first!

## WHAT'S THE RIGHT WAY TO WEAR MY SEAT BELT?



## SHOULD I ADJUST MY SEAT?



\* If you need additional room, consider adjusting the steering wheel or having someone else drive, if possible.

\*\* If you're a passenger, move your seat back as far as possible.

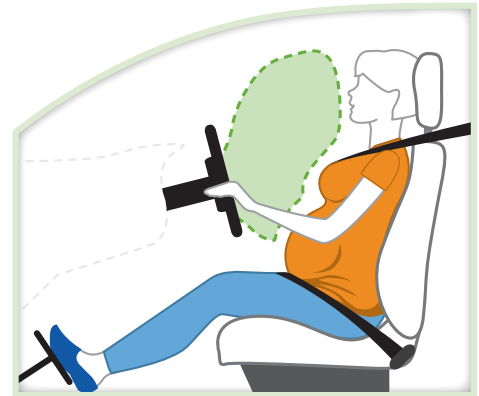
# IF YOU'RE **PREGNANT** SEAT BELT RECOMMENDATIONS FOR DRIVERS AND PASSENGERS

## WHAT IF MY CAR OR TRUCK HAS AIR BAGS?

You still need to wear your seat belt properly.

**Air bags are designed to work with seat belts, not replace them.**

Without a seat belt, you could crash into the vehicle interior, other passengers, or be ejected from the vehicle.



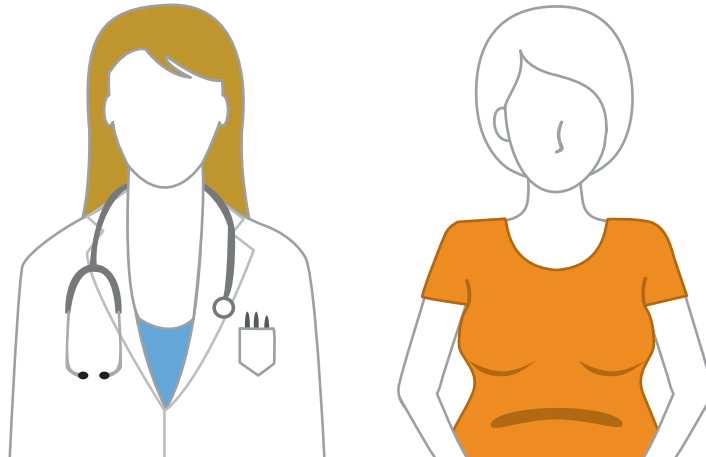
## MY CAR HAS AN ON-OFF AIR BAG DISABLING SWITCH. SHOULD I TURN IT OFF?

**NO.** Doctors recommend that pregnant women wear seat belts and **leave air bags turned on.**

Seat belts and air bags work together to provide the **best protection for you and your unborn child.**

## WHAT SHOULD I DO IF I AM INVOLVED IN A CRASH?

**Seek immediate medical attention, even if you think you are not injured,** regardless of whether you were the driver or a passenger.



FOR MORE INFORMATION,  
**VISIT [SAFERCAR.GOV](http://SAFERCAR.GOV)**



U.S. Department of Transportation  
**National Highway Traffic Safety  
Administration**



# Meet Our Women's Health Care Providers



**Rachel Freitas, MSN, NP**

**Education:**  
Columbia University  
**Board Certification:**  
Nurse Practitioner  
**At Axis Since:**  
2015  
**Language:**  
English

Rachel joined Axis because she is inspired by its nonprofit mission. She believes in the importance of wellness education and makes time in every appointment to answer patients' questions about exercise and healthy eating. She has a strong background in gynecology and reproductive health, and particularly enjoys working with teens and adolescents.



**Kera Njenga, MSN, FNP**

**Education:**  
University of Utah  
**Board Certification:**  
Nurse Practitioner  
**At Axis Since:**  
2020  
**Language:**  
English & Spanish

Kera Njenga's passion for Women's Health started while she was working as a labor and delivery nurse. She knew she wanted to help women more, so she went back to school to become a Women's Health Nurse Practitioner specializing in Obstetrics and Gynecology. Kera says, "Community health clinics like Axis help reduce women's barriers to quality health care and give patients the resources to understand their health conditions better." Kera looks forward to helping her patients be active participants in their care by working together to develop strategies that improve their health and well-being.



**Suzanna Silva, MSN, FNP**

**Education:**  
University of Utah  
**Board Certification:**  
Nurse Practitioner  
**At Axis Since:**  
2014  
**Language:**  
English & Spanish

Suzanne seeks to build trusting partnerships with her patients through conversation – both in English or Spanish. This helps her tailor treatment plans and connect patients with other Axis program. Before joining Axis, Suzanne volunteered with medical programs in many different countries, where she gained special experience working with people with diabetes, dietary problems, and cardiac issues.



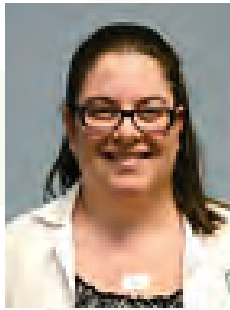
# Meet Our Pediatric Care Providers



## Dr. Dawnell Moody, DO

**Education:**  
Western University of Health  
Sciences  
**Board Certification:**  
Pediatrics  
**Working at Axis Since:**  
2014  
**Languages:**  
English and Spanish

As Chief Medical Officer, Dr. Moody makes sure our patients receive quality care - including her own. She knew she wanted to work with children during her first visit to a pediatric clinic in medical school – “it just clicked,” she says. Now, working with children is the highlight of her day; she loves to see her patients grow and thrive. She also knows how much parents care about their children, and makes sure to take time to address their concerns and connect them with other helpful community resources.



## Laura Lavelle, FNP

**Education:**  
University of San Francisco-  
**Board Certification:**  
Family Nurse Practitioner  
**At Axis Since:**  
2016  
**Language:**  
English, Spanish, Italian, and  
French

“There’s an art to hiding vegetables in your kids’ food,” Laura notes, with a smile. As a nurse and mother, Laura combines medical knowledge with practical tips that families can use to support their children’s health. She particularly enjoys working with newborns and first time parents, and makes time in every appointment to address parents’ concerns during this exciting and challenging time.

