

STAY SAFE

Seek pregnancy care early

Having a baby can be a very exciting time filled with lots of questions. Taking care of you and your baby begins with making sure pregnancy care starts early.

Think you might be pregnant?

See your local doctor or midwife now!

You're pregnant!

Ask your doctor to send a referral to your local hospital by the time you're 12 weeks pregnant.

Why early pregnancy care is so important:

- You and your baby are kept safe
- You get the right care and information you need
- You feel reassured during your pregnancy



Health
Western Sydney
Local Health District

FOR MORE INFORMATION: 
www.pregnancybirthbaby.org.au/being-pregnant