

# BE PREPARED for a healthy pregnancy

A graphic of a traffic light with three sections. The top section is red and labeled 'AVOID', the middle section is yellow and labeled 'CHECK and DISCUSS with your general practice staff or other health professionals', and the bottom section is green and labeled 'START'. Each section has a corresponding empty rectangular box to its right for notes.

**AVOID**

**CHECK  
and  
DISCUSS**  
with your general  
practice staff or other  
health professionals

**START**