

When to Get Help?

Get medical help right away if you have any of the following symptoms or if something does not feel right.

- Bad cramps or stomach pains that don't go away.
- Bleeding, trickle or gush of fluid from your vagina.
- Lower back pain/pressure, or a change in lower backache.
- A feeling the baby is pushing down.
- Contractions, or change in strength or number of them.
- An increase in the amount of vaginal discharge.
- Fever, chills, dizziness, vomiting or a bad headache.
- Blurry vision or spots before your eyes.
- Sudden or severe swelling in your feet, hands or face.
- A significant change in your baby's movement.

Go to the hospital right away and contact your health care provider if you have any of these symptoms!

Contact numbers

Haldimand Norfolk Health Unit

www.hnhu.org
519 426-6170

Telehealth

1-866-797-0000

Motherisk

www.motherisk.org
416-813-6780

Health Canada

www.hc-sc.gc.ca

Smokers Helpline

www.smokershelpline.ca
1-877-513-5333

Best Start Resource Centre

www.beststart.org

Updated November 2015



www.hnhu.org
info@hnhu.org



Simcoe:

P.O. Box 247,
12 Gilbertson Dr.,
Simcoe, ON N3Y 4L1
519-426-6170 or 905.318.6623

Caledonia:

282 Argyle St. S1,
Caledonia, ON
N3W 1K7
905.318.5367



COMMUNITY HEALTH TEAM

Healthy Pregnancy

Live, Work and Play



HealthUnit
Haldimand-Norfolk

Pregnancy and Work

If you are pregnant or planning on becoming pregnant, it is important to look into how your work may affect your health and the health of your unborn baby. Most women continue to work during their pregnancy. However, some women are required to stop working or need to change to a different type of work during their pregnancy.

Check any of the following boxes that apply to your job.

- ☐ Stoop or bend over more than 10 times per hour.
- ☐ Climbing a ladder.
- ☐ Stand for more than four hours at one time.
- ☐ Climb stairs more than three times per shift.
- ☐ Work more than 40 hours per week.
- ☐ Work shift work.
- ☐ Exposure to chemicals such as solvents, pollutants and pesticides.
- ☐ Exposure to environmental concerns such as radiation, gases, heavy metals and second hand smoke.
- ☐ Work in an environment with excessively hot or cool temperatures.
- ☐ Expected to lift heavy items.

If you have checked any of these boxes it is recommended that you speak with your health-care provider.



Before Pregnancy

- Speak to your health care provider about any concerns prior to pregnancy.
- Quit smoking.
- Reduce your exposure to second-hand smoke.
- Understand your rights and job limitations.
- Start taking prenatal vitamins containing folic acid three months prior to becoming pregnant.



During Pregnancy

- Learn more about the chemicals you use at work.
- Be aware of environmental exposures such as lead, paint and radiation.
- Take breaks to rest and have a healthy snack.
- Exercise caution when lifting, pushing, pulling and/or carrying heavy loads.
- Stand for no more than four hours at a time.
- Use caution with excessive hot or cold temperatures.
- If you sit at work, stand, stretch and move around when you can.

After Pregnancy – Returning to Work

- Consider continuing to breastfeed after you return to work.
- Health Canada recommends exclusively breastfeeding your baby for the first six months, and sustained for up to two years or longer with appropriate complementary feeding
- Employers have a duty to accommodate employees who wish to continue breastfeeding.
- Ask your employer if flexible working options are available such as:
 - * job sharing,
 - * on-site child care,
 - * telecommuting from home,
 - * flex hours, and/or
 - * part-time hours.

