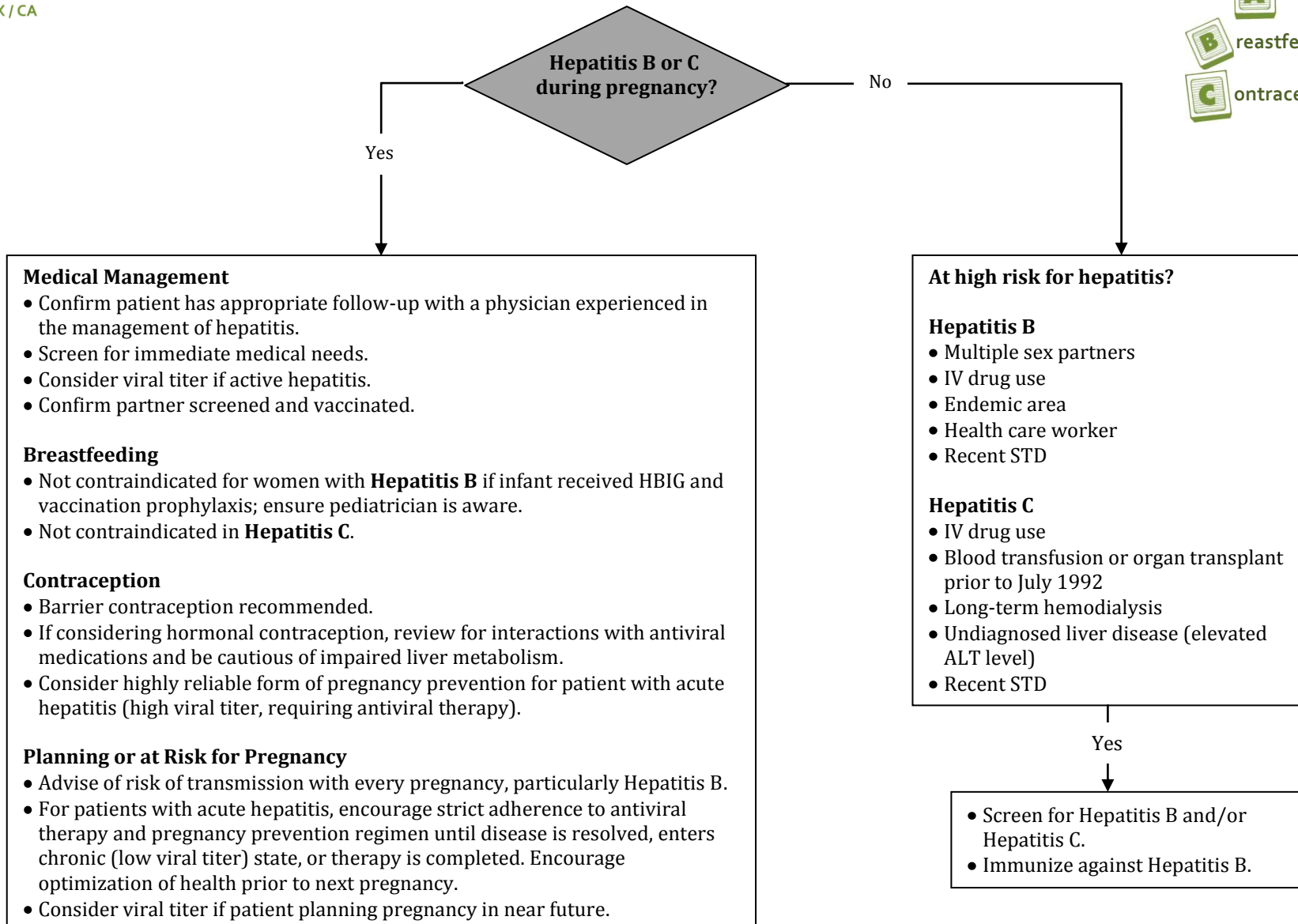


Postpartum Visit Algorithm: Hepatitis B and/or C

Remember the ABCs:



Postpartum Visit Algorithm: Hepatitis B and/or C

EVERY DAY

Checklist for Healthy Women

Exercise – 30 minutes a day, 5 days a week

Vitamin – 400 micrograms of Folic Acid per day

Educate yourself about medicines and chemicals that can cause birth defects

Reproductive life planning – set your personal goals for birth control and future children

Yearly doctor visits to discuss physical and mental wellness

Diet – Vegetables, fruits, and whole grains daily

Avoid tobacco, drugs, and alcohol

Your partner, friends, and family should be sources of support

Content from everywomancalifornia.org used with permission from the Preconception Health Council of California.

References:

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Centers for Disease Control and Prevention. Sexually transmitted diseases treatment guidelines. MMWR Recommendations and Reports 2006;55(No. RR-11):1-94.

Meyers D, Wolff T, Gregory K, et al. USPSTF recommendations for STI screening. American Family Physician 2008;77(6):819-24.

