

## Contents of health education

Items	Messages	Targets
Timing of ANC	Take ANC with a skilled healthcare provider Take ANC as early as possible Take ANC by contact 1 up to 12 weeks, contact 2 up to 20 weeks, contact 3 up to 26 weeks, contact 4: 30 weeks, contact 5: 34 weeks Contact 6: 36weeks contact 7: 38 weeks contact 8: 40 weeks	For completed antenatal care
Frequency of ANC	At least 8 antenatal visits must be taken during pregnancy	For completed antenatal care
Health services	Take two doses of tetanus toxoids	For receiving health services during ANC
Health services	Take blood pressure measurements regularly	To notice hypertension as early as possible during pregnancy
Health services	Take blood testing such as hemoglobin percent and screening for sexually transmitted infections	To detect anaemia and infections
Health services	Take drugs such as iron, folic acid, and B1	For antenatal and postnatal care
Health services	Do deworming	For antenatal care
Healthy lifestyle	Take balanced diets, enough sleep, do light physical activity, avoid heavy weight lifting, avoid smoking, betel chewing, and environmental pollution, salty diets	For antenatal and postnatal care
Birth attendant	Deliver by skilled birth attendant	For safe delivery
Birthplace	Deliver at the health centre or hospital (Institutional delivery)	For safe delivery
Timing of PNC	Make first postnatal contact with health care provider within 24 hours, second contact within 2 to 3 days, third contact within 2 weeks, and fourth contact within 6 weeks after delivery	For completed postnatal care
Frequency of PNC	At least 4 antenatal visits must be taken during the postnatal period	For completed postnatal care
Health services	Take vitamin A capsule	For postnatal care
Early detection of high-risk conditions	Be aware of danger signs	For antenatal, intranatal and postnatal care