

# Pregnant or have a new baby at home?



Heart disease is the leading cause of pregnancy-related death in the U.S. and the second leading cause of death in American Indian and Alaska Native women in the U.S.

## ✓ Before Pregnancy

Eat healthy foods, avoid commercial tobacco and alcohol, and take care of your mental health.

## ✓ During Pregnancy

Start prenatal care early. Talk to a health care provider about any health problems, including issues from past pregnancies.

## ✓ After Pregnancy

Get a checkup 1–3 weeks after your baby is born and tell your provider about any pain, sadness, worry, or extreme tiredness.

For more information,  
scan the QR code:

