

Ways To Prevent YOURSELF FROM FALLING

During Pregnancy



Take the support of something strong whenever you feel dizzy.



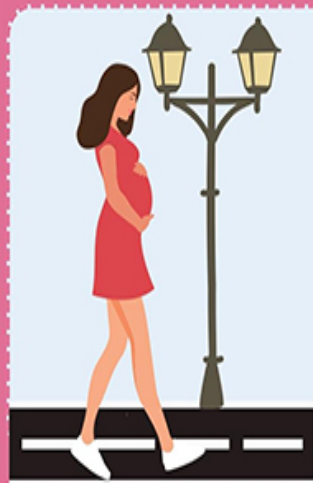
Wear shoes with a proper grip and non-skid soles.

Walk carefully when you are on uneven roads or stairs.



Hold on to the handrails when using the staircase.

Avoid walking on wet and slippery floors.



Avoid walking in the dark.