

## Precautions For Using ELECTRIC BLANKETS In Pregnancy

Avoid using these blankets in the first trimester



If using an electric blanket, purchase one that emits low EMF

Invest in a blanket with a temperatureregulating feature

> Retain the temperature settings to low to avoid overheating

Keep the blanket for pre-warming instead of sleeping on it



Source: https://www.momjunction.com/articles/safe-use-electric-blanket-pregnancy\_0078703/