



UMRHN

UPPER MIDLANDS RURAL HEALTH NETWORK

January is Birth Defects Prevention Month

Prevent to Protect:
Prevent Infections for Baby's Protection
To increase your chances of having a healthy baby:

Get vaccinated.

- Get the flu shot and the whooping cough vaccine.
- Become up-to-date with all vaccines before getting pregnant.

Prevent insect bites.

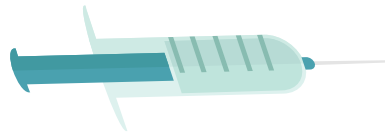
- Use insect repellent.
- Wear long-sleeved shirts and long pants when outside.
- Consider avoiding travel to areas with Zika virus.

Practice good hygiene.

- Wash your hands often with soap and water.
- Avoid putting a young child's cup or pacifier in your mouth.

Talk to your healthcare provider.

- Ask about how you can prevent infections, such as Zika virus.
- Discuss how to prevent sexually transmitted infections.



Every four and a half minutes, a baby is born with a birth defect - about 120,000 a year. Birth defects are the most common cause of death in the first year of life and the second most common cause of death in children aged one to four years.



Springs Memorial Hospital

The Lancaster Clinic Corporation is an affiliate of Springs Memorial Hospital. Springs Women's Health is a part of The Lancaster Clinic Corporation. The physicians of this practice, Dr. Lisa Semple and Dr. Maritza Manrique-Kiniry, are available to provide OB/GYN care to females who are pregnant or considering becoming pregnant. Once your baby has been born, the practices of Lancaster Pediatrics (Dr. Darniya P. Belton) and Primecare Pediatrics (Dr. William Chinery) – also affiliates of Lancaster Clinic Corporation – are available to provide pediatric healthcare for the children in your life.

Visit www.springsmemorial.com for more information.

UMRHN Community Members

Catawba Community Mental Health Center * Chester County Representative * Chester County School District * Chester Healthcare Foundation * Chester Regional Medical Center * Eau Claire Cooperative Health Center * Fairfield County School District * Fairfield Memorial Hospital * Good Samaritan Medical Clinic * J. Marion Sims Foundation * John A. Martin Primary Health Care * Mid-Carolina AHEC * Midlands Technical College * North Central Family Medical Center * SC Department of Health and Environmental Control * SC Office of Rural Health * Springs Memorial Hospital * York Technical College

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