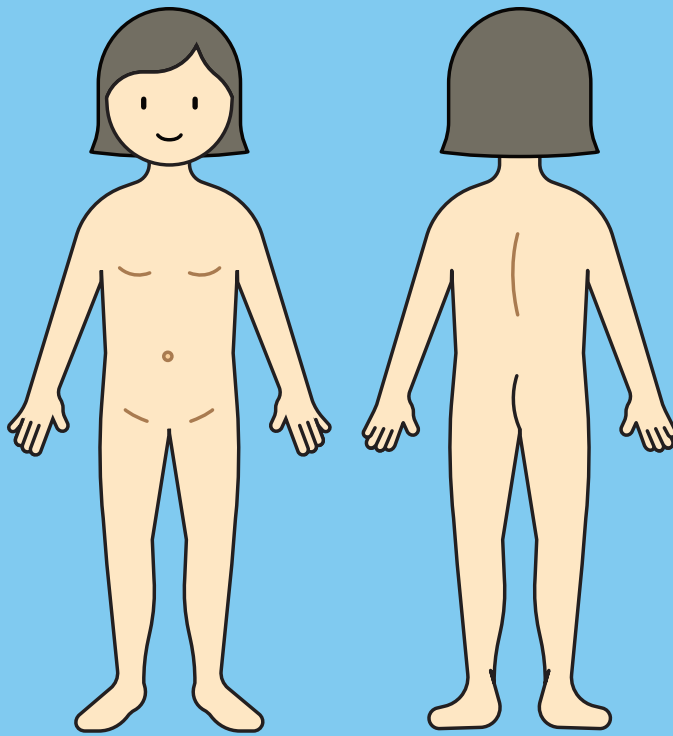
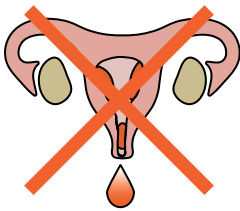


■ 어디가 아파요?



■ 증상이 어때요?



생리 안해요



졸려요



소변이 자주 마려워요



아랫배가 아파요



가슴이 커져요



감기기운이 있어요

■ 이번 달 생리를 했나요?



네



모르겠어요



아니요

■ 언제 생리했어요?

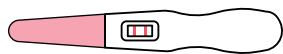
1	6	월
2	7	일
3	8	개월
4	9	
5	0	전

■ 임신했는지 확인하세요.



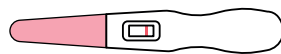
임신테스트기를 사용하세요

■ 임신 테스트기 결과는 무엇인가요?



두 줄

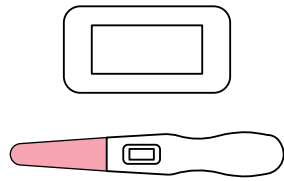
임신 했어요



한 줄

임신 안 했어요

- 줄이 없으면 소변을 다시 묻혀서 임신테스트기 검사하세요.



줄이 없음
줄이 없으면



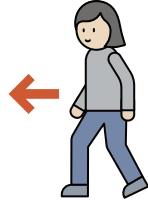
임신테스트기



다시 검사하세요



병원에



가서



임신했는지



확인하세요

■ 임신 확인 이후

- 임신 몇 주(개월)인가요?

1	6	주
2	7	개월
3	8	년
4	9	월
5	0	일

- 출산을 원하나요?



네

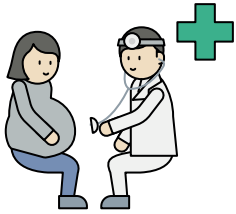


모르겠어요

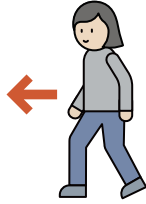


아니요

■ 임신 출산 바우처 발급 방법을 알려드릴게요!



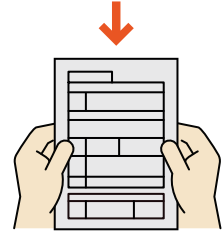
산부인과에



가서



임신확인서를



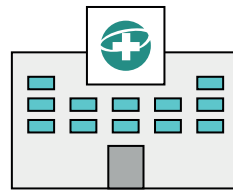
발급 받아요



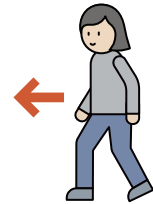
임신확인서를



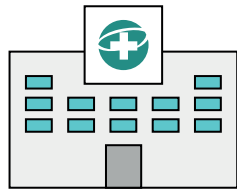
가지고



보건소에



가요



보건소에 가서



임산부 등록해요

■ 임신 초기(1~12주)

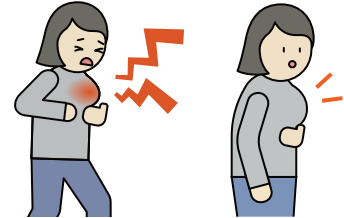
▪ 임신 초기 **몸의 변화**를 알려드릴게요!



많이 졸려요



아랫배가 아파요



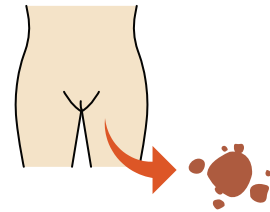
가슴이 아프고 열나요,
가슴이 커져요



소변이 자주 마려워요

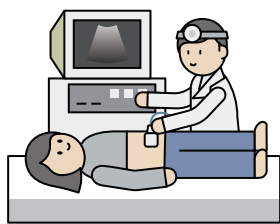


속이 울렁거려요

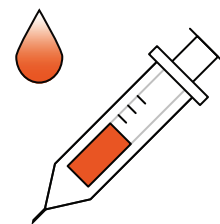


회음부에서 조금 피나요
(또는 착상혈 보여요)

▪ 1차 검사(임신 초기 1~12주)를 받았나요?



초음파 검사



혈액 검사



네

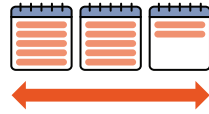


모르겠어요



아니요

■ 임신 초기 **주의사항**을 알려드릴게요!



12주까지



엽산제를



먹어요



술



마시면



안돼요



담배 피우면



안돼요



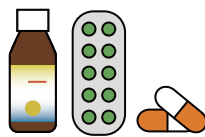
커피를 하루에 2잔 이상



마시면



안돼요



약을



먹기



전에



반드시 의사와 상담하세요



부부관계 할 때



조심하세요

■ 임신 중기(13~28주)

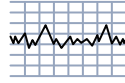
- 임신 중기 **몸의 변화**를 알려드릴게요!



아랫배가 커져요

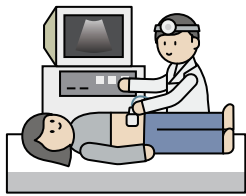


태동이 있어요

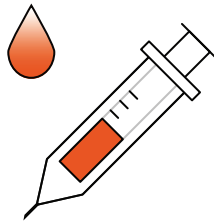


변비가 심해요

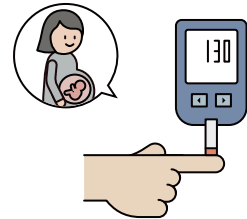
- 2차 검사(임신 중기 13~28주)를 받았나요?



초음파 검사



혈액 검사



임신성 당뇨 검사



네



모르겠어요



아니요

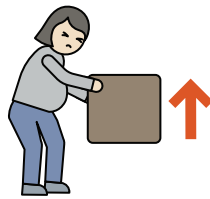
■ 임신 중기 **주의사항**을 알려드릴게요!



스트레칭 해요



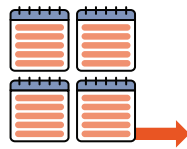
걷기 운동 해요



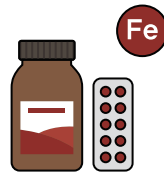
무거운 물건을 들면



안돼요



20주부터



철분제를



먹어요



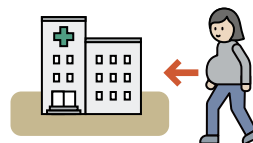
튼살 크림, 튼살 오일을



발라요



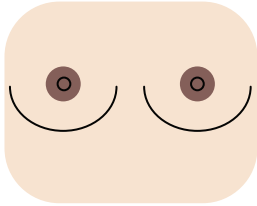
진통이 오면



병원으로 가요

■ 임신 후기(29~38주)

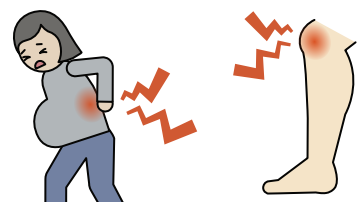
- 임신 후기 **몸의 변화**를 알려드릴게요!



(검은색으로)
유두 색깔이 변해요



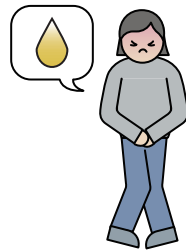
숨쉬기 힘들어요



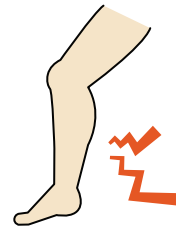
허리 아파요,
무릎 아파요



손, 발, 다리가 부어요

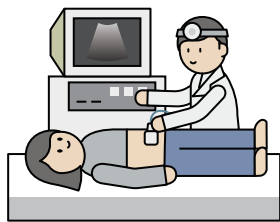


소변이 자주 마려워요

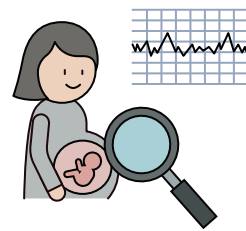


다리에 쥐나요

- 3차 검사(임신 후기 29주~38주)를 받았나요?



초음파 검사



태동 검사



네



모르겠어요



아니요

■ 임신 후기 **주의사항**을 알려드릴게요!



따뜻하게 입어요



양말을 신어요



스트레칭 해요



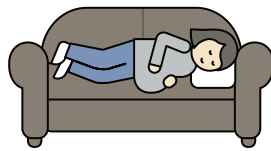
걷기 운동 해요



혼자 외출하면



안돼요



자주 쉬어요



넘어지지 않도록

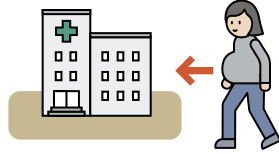


조심하세요

▪ 빨리 병원에 가야 할 때를 알려드릴게요!



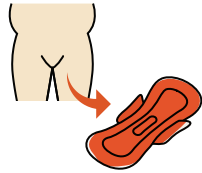
태동이 없으면



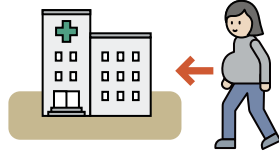
병원에 가요

119

119에 신고해요



피가 많이 나오면



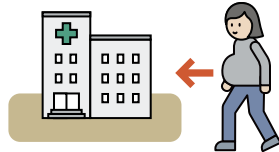
병원에 가요

119

119에 신고해요



양수가 터지면



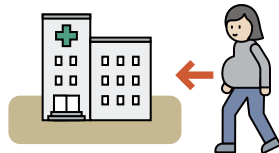
병원에 가요

119

119에 신고해요



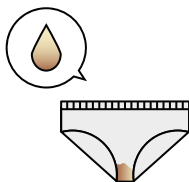
진통이 오면



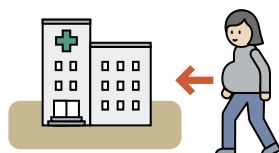
병원에 가요

119

119에 신고해요



이슬이 비치면



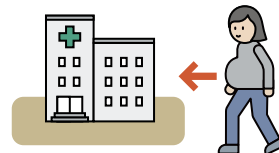
병원에 가요

119

119에 신고해요



숨쉬기 힘들고, 계속 머리 아프면



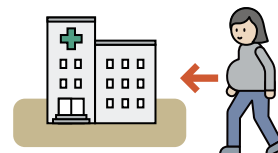
병원에 가요

119

119에 신고해요

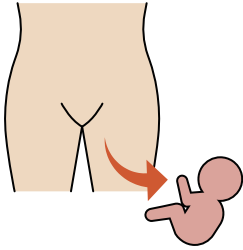


얼굴, 손, 다리가 많이 부으면

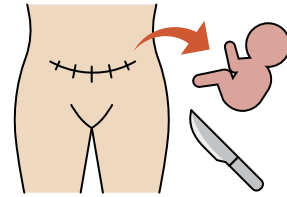


병원에 가요

■ 출산 방법은 무엇인가요?

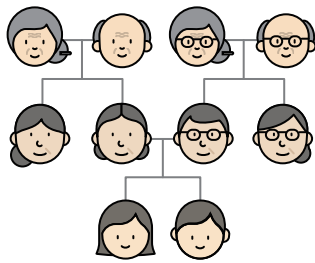


자연분만



수술(제왕절개)

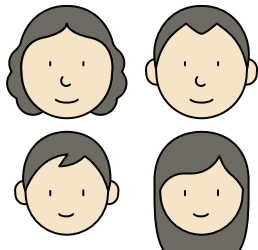
■ 병원에서 누가 돌봐주나요?



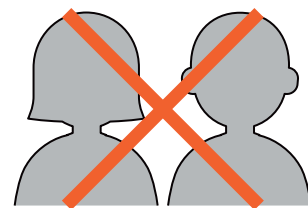
가족



남편



아는 사람



아무도 없음



네



모르겠어요

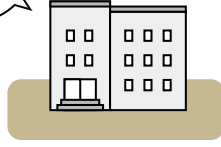


아니요

■ 병원에서 퇴원하면 어디서 산후조리하나요?



집

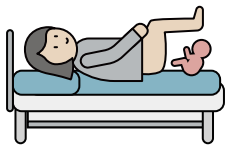


산후조리원



모자시설

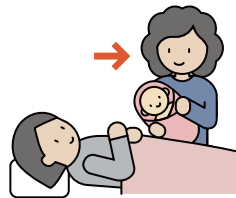
■ 산후도우미 신청 방법을 알려드릴게요!



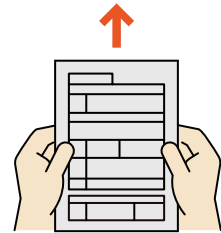
출산



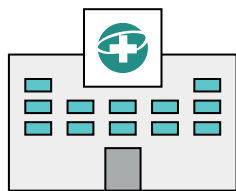
40일 전부터



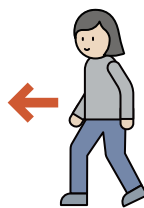
산후도우미



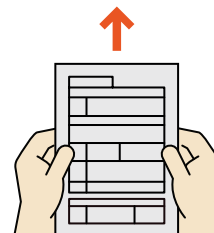
신청할 수 있어요



보건소에



가서



신청하세요

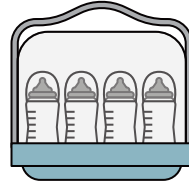
■ 신생아 준비물 확인하세요.



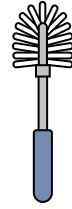
☐ 젖병



☐ 젖병 소독기



☐ 젖병 보관함



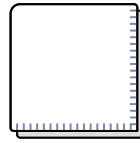
☐ 젖병 세척솔



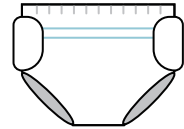
☐ 분유



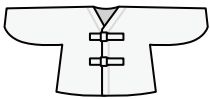
☐ 유축기



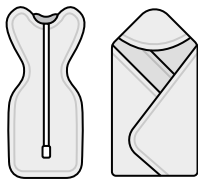
☐ 거즈 수건



☐ 기저귀



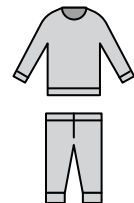
☐ 배냇저고리



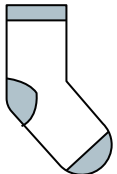
☐ 속싸개



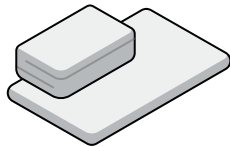
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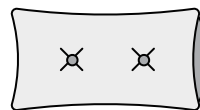
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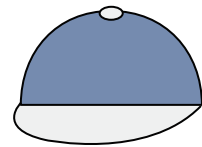
☐ 양말



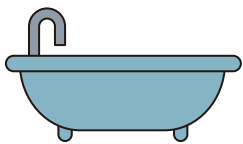
☐ 이불



☐ 베개



☐ 모자



☐ 욕조



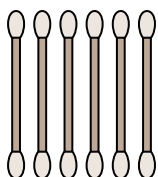
☐ 바디워시



☐ 로션



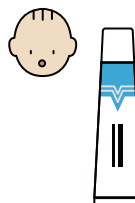
☐ 체온계



☐ 면봉



☐ 손톱가위

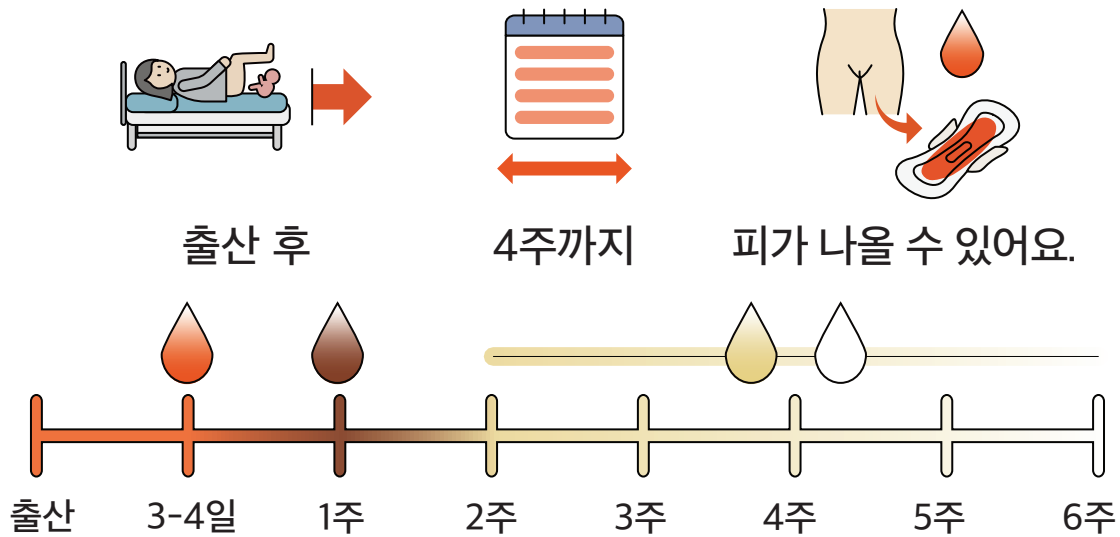
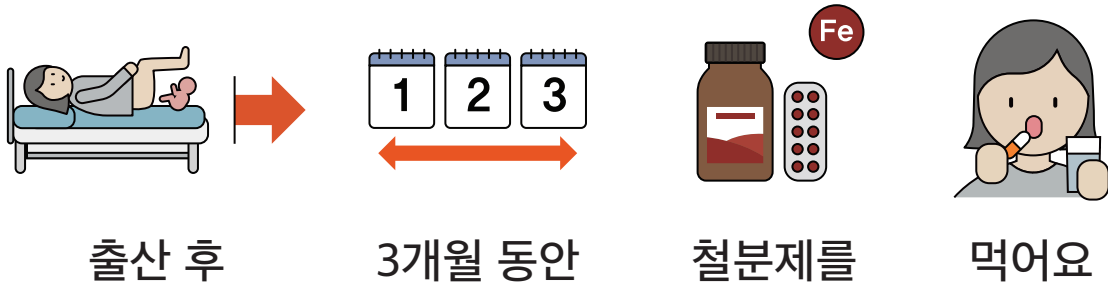


☐ 신생아 연고



☐ 세탁 세제

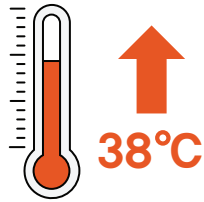
■ 출산 후 주의사항 알려드릴게요!



■ 빨리 병원에 가야 할 때를 알려드릴게요!



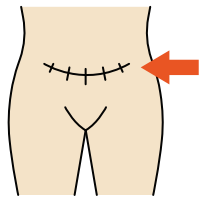
2일 이상



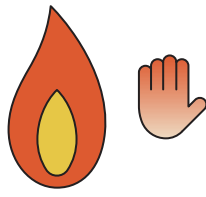
38도 이상



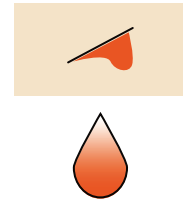
열나요



수술 부위가



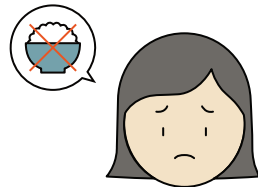
뜨겁고



피나요



출산한 뒤



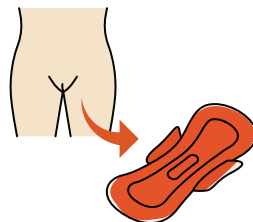
밥 먹기 싫어요



잠을 못 자요



가슴이 뜨겁고 딱딱하고 아파요



회음부에서 피가 많이 나와요