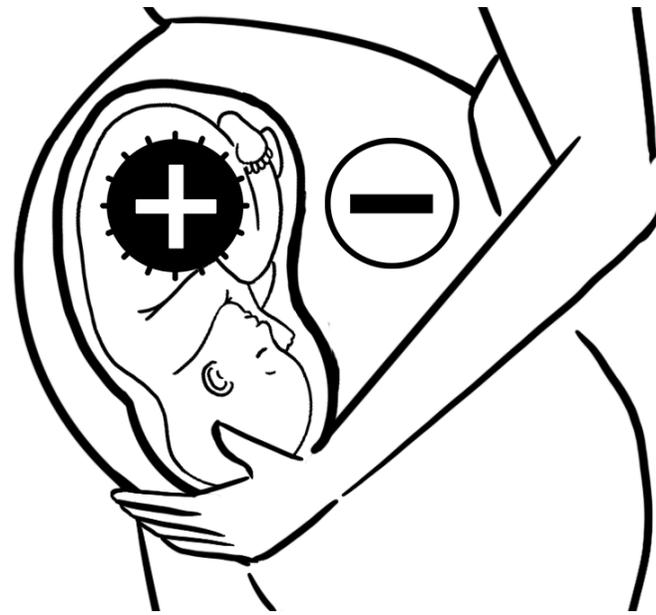


Keep Your Baby Safe: Know Your Blood Type



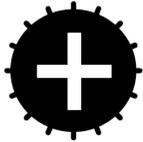
What is your blood type?

Your blood type has two parts:

- Letter: A, B, AB, or O
- Rh factor: + (positive) or – (negative)

Example: A+, O–

Blood that is Rh-positive (+)



Blood that is Rh-negative (–)



Do you know your blood type?

If not, go to a health facility for a blood test. This is safe for you and your baby.

Your blood type can affect the safety of your baby.

Rh disease happens during pregnancy. If the mother is Rh –, and the father is Rh +, the baby can be Rh + too.

Who is at risk?

- If you are Rh –, your baby could be at risk.
- If you are Rh +, your baby is safe.

What can happen if a baby gets Rh disease?

- Baby can look yellow (jaundice).
- Baby can be sick or have problems.
- Baby can die before or soon after birth.

Rh disease usually does not hurt the first baby. But the babies in the next pregnancies can be in danger.

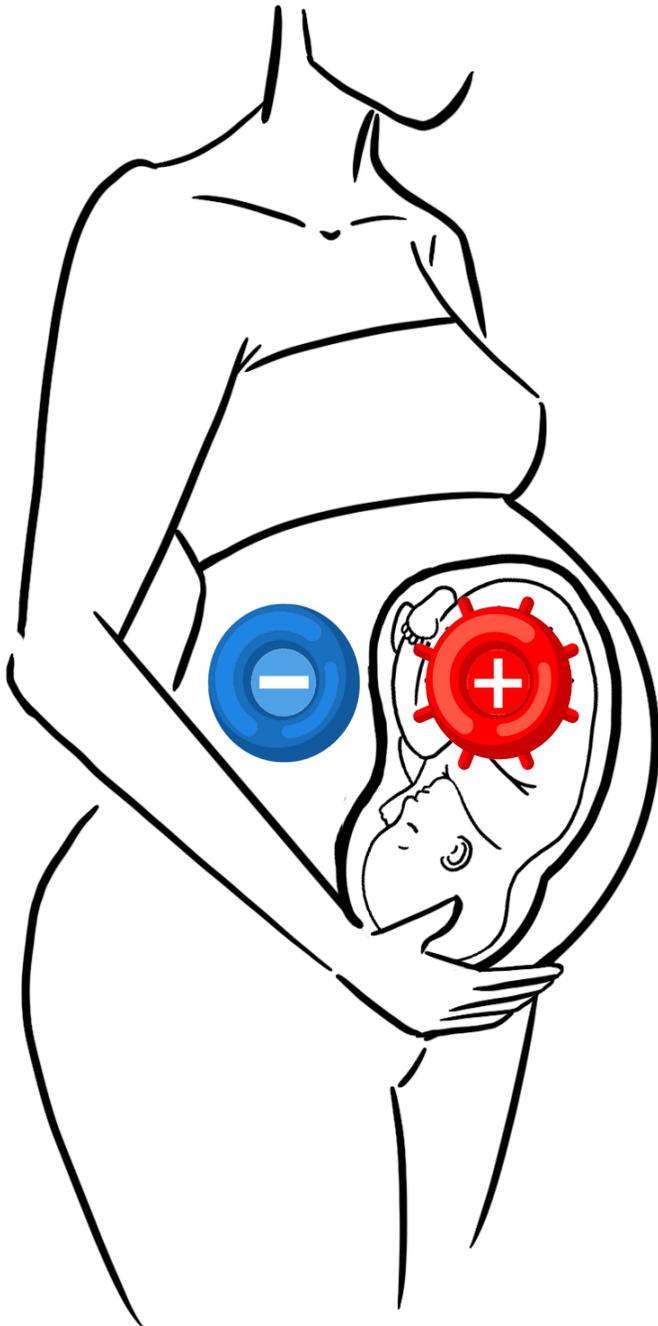
What should you do?

1. Go to the health facility. Ask: “*What is my blood type?*” Bring your husband or a family member for support.
2. If you are Rh –, ask the health worker, “*How can I protect my baby?*”
3. Protect your baby with an anti-D injection:
 - Within 3 days after each birth, miscarriage or abortion.
 - During your pregnancy if your doctor recommends it.

If the injection is not available, ask the health worker, “*What other care can keep my baby healthy?*”

4. Get care in every pregnancy.

Keep Your Baby Safe: Know Your Blood Type



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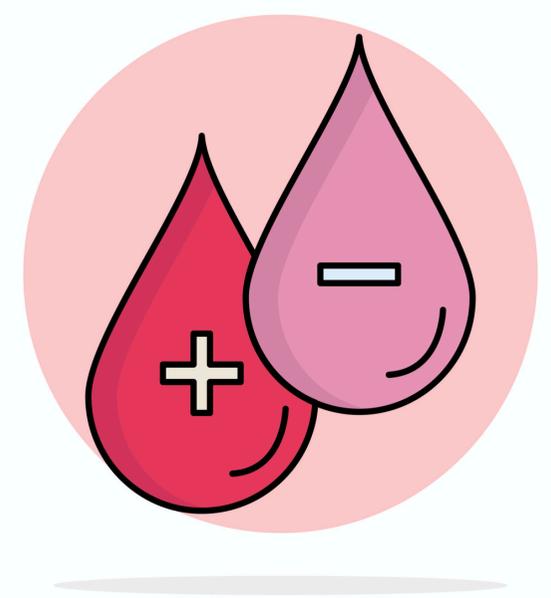
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4. Get care in every pregnancy.

Know Your Blood Type: Protect Your Health



What is your blood type?

Everyone has a blood type.

And your blood type has two parts:

- A letter: A, B, AB, or O
- Rhesus type: + (positive) or – (negative)

Blood that is Rh-positive (+)



Blood that is Rh-negative (-)



Example: A+, AB-, B+, or O-.

Knowing your blood type helps doctors care for you if you are sick or need blood.

You can find out your type with a simple, quick test at a clinic or health centre.

Your blood type is important

Why should I know my type?

- If you get sick or hurt, the hospital can give the right blood quickly. This can save your life.
- If you donate blood, it helps someone else safely. This can save their life.
- Your blood type is also important for your future health, including when you may become a mother someday.

Knowing your blood type is important for your health and your future as a woman.

It's a small test that can make a big difference in your life.

What should you do?

What should I do now?

1. Go to a health facility and ask a nurse or health worker, "How do I find out my blood type?"
2. They can test your blood and tell you your group and your Rhesus type.
3. Write it down and keep it safe.
4. Share what you learn with your family and friends — everyone should know their blood type!