



Preventive Tips For **DIZZINESS** During _____ Pregnancy

Try not to rest on your back, especially after the second trimester



Dress in loose and comfortable clothes

Do not skip any meal



Iron

Take iron supplements as per your doctor's advice

Avoid stepping out when the weather is hot and humid



Drink enough water and fluids

Take your time when getting up from a lying or sitting position



Do not stand for a long time