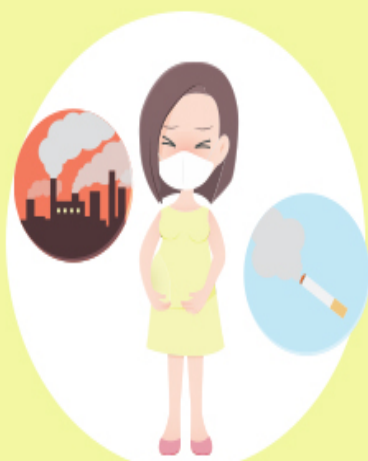


# How To Prevent Bronchitis While Pregnant



Say no to smoking,  
and avoid exposure  
to passive smoke.



Wash or sanitize your  
hands thoroughly  
and frequently



Maintain a safe  
distance from people  
who have  
flu or cough



Use a face mask  
when stepping out in  
public places



Avoid exposure to  
toxic chemicals or  
their fumes



Speak to your doctor  
about getting a flu  
vaccination

