Reduce complications with your pregnancy.

Preconception health is a woman's health before pregnancy. It identifies medical, social, and behavioral conditions that put a woman and her pregnancy at risk for complications.

These risks can include:

- Premature birth
- Low birth weight babies
- Severe birth defects

It is important to wait one year after delivery of baby or three months after a miscarriage before you become pregnant again.

Community Health Centers

For appointments, call our Patient Access Center: (847) 377-8800

Belvidere Medical Building
2400 Belvidere Road
Waukegan, IL 60085

Midlakes Health Center
224 Clarendon Rd
Round Lake Beach, IL 60073

North Chicago Health Center
2215 14th Street
North Chicago, IL 60064

North Shore Health Center
1840 Green Bay Road
Highland Park, IL 60035

Zion Health Center
1911 27th Street
Zion, IL 6009

Lake County Health Department services are available to all individuals regardless of race, color, national origin, age, sex, disability or sexual orientation. Please inform a staff member if you need an interpreter, assistance, or auxiliary aids.

Program funding includes a grant from the U.S. Department of Health and Human Services (DHHS) Title X.

Health Before Pregnancy

Things to know before becoming pregnant

LakeCounty
Health Department and
Community Health Center

Your Partner's Health

It is very important for women and their partners to be in the best physical and emotional health for a pregnancy to occur.

Make an appointment with your health care provider before getting pregnant to make sure you are healthy.

Together with your partner, you can:

- Get tested for sexually transmitted diseases, including HIV
- Eat healthy, including grain products, vegetables, fruits, milk products, and meat or other protein-rich foods in your meals
- Avoid alcohol, tobacco, or drugs
- Avoid exposure to chemicals and fumes
- Avoid hot tubs and saunas

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Your Health

It is important to be healthy before you become pregnant. This includes having a healthy weight, diet and getting enough physical fitness before pregnancy.

Before you become pregnant, you should:

- Check with your healthcare provider about taking medications for other conditions before seeking pregnancy (high blood pressure, diabetes, seizures).
- Make sure your dental health is current. Visit your dentist regularly.
- Take a prenatal vitamin that contains 400 mcg of folic acid daily at least three months before seeking pregnancy.

Immunizations

Ideally, you should make sure that you are up to date on all of your immunizations before becoming pregnant.

When you visit your health care provider, ask if you should refrain from trying to get pregnant for a short time after you receive a vaccine.

Toxoplasmosis

When pregnant, an infection caused by a parasite that can be dangerous to an unborn baby. The infection can still occur when a person is not pregnant, however, more risks occur during pregnancy.

People contract the parasite through:

- Eating raw or under cooked meat
- Cleaning the cat litter box

Caffeine

Tea, chocolate, coffee and some sodas may contain caffeine. Try not to drink more than one cup per day. Caffeine may cause miscarriages or delay becoming pregnant.

Exercise

Exercise can be healthy for you as long as your health care provider says it's okay. Establish a moderate exercise program before pregnancy. Check with your health care provider first.