

GOVERNMENT OF CRICIÚMA
EXECUTIVE BRANCH
MUNICIPAL HEALTH DEPARTMENT
UNIVERSITY OF SOUTHERN SANTA CATARINA

GUIDEBOOK FOR Foreign Pregnant WOMEN

NAME:

GOVERNMENT OF CRICIÚMA
EXECUTIVE BRANCH
MUNICIPAL HEALTH DEPARTMENT

IN PARTNERSHIP WITH

UNIVERSITY OF SOUTHERN SANTA CATARINA - UNESC
MULTIPROFESSIONAL RESIDENCY PROGRAM - UNESC
GRADUATE PROGRAM IN COLLECTIVE HEALTH - PPGSCOL



residência
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EXECUTIVE BRANCH

Mayor: Vagner Espíndola

Deputy Mayor: Salésio Lima

MUNICIPAL HEALTH SECRETARY

Deivid de Freitas Floriano

TECHNICAL STAFF

Ana Beatriz da Mota de Souza do Nascimento

Ana Paula Aguiar Milanez

Diandra Limas do Carmo Teixeira

Eduarda Naiany de Oliveira Macedo

Fabiane Ferraz

Jacks Soratto

Jéssica Comicioli

Karoline Pessoa Hoepers Costa

Laís Righetto Mafra

Liz Corrêa Fabre

Maria Augusta Freitas de Queiroz

Maria Eduarda Bezerra dos Santos

Patricia Vedana Marques

Witoria Simoni Maciel

GRAPHIC DESIGN

Ana Beatriz da Mota de Souza do Nascimento

Eduarda Naiany de Oliveira Macedo

Maria Augusta Freitas de Queiroz



TRANSLATION

SPANISH

Ana Beatriz da Mota de Souza do Nascimento

Fabiane Ferraz

Jéssica Comicioli

ENGLISH

Andréa Goulart de Oliveira

Eduarda Rezin

Jacks Soratto

FRENCH

Bárbara Nessi

Karla Ribeiro

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PERSONAL INFORMATION

SUS Card Number:

Name: _____

Date of birth: ___/___/_____ Age: _____

Race/Color: () White () Black () Brown () Yellow () Indigenous

Specify ethnicity: _____

Occupation: _____

Address: _____

Notes: _____

**Do you have any questions?
Contact your Health Unit.**



PRESENTATION

The health of mothers and babies is one of the essential pillars for the well-being of a society. In Brazil, cultural diversity and the growing population of foreign pregnant women present specific challenges to the SUS, especially regarding access to healthcare services and appropriate care during pregnancy, childbirth, and the postpartum period.

The idea for this booklet arose from discussions held at the Maternal and Infant Mortality Committee of the Municipality of Criciúma (C.M.M.I), where the particularities and needs of this population group were identified, with the goal of reducing disparities in healthcare and improving health indicators for mothers and babies.

This material aims to provide clear and practical information for foreign pregnant women, covering everything from the initial care during pregnancy to postpartum follow-up. Topics include the importance of prenatal care, nutrition, warning signs, postpartum care, breastfeeding, baby care, family planning, and the main contraceptive methods available in the Brazilian Unified Health System (SUS), with the intention of promoting a safer and more humanized care experience.

We hope that this booklet serves as a tool for guidance, support, and empowerment for all foreign pregnant women, helping them in their pursuit of a healthy pregnancy and the well-being of their children.

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Dictionary

1

PRENATAL CARE

In Brazil, prenatal care is provided free of charge through the Unified Health System (SUS). All that is required is to keep an updated registration at the nearest health unit to your residence. Prenatal care is a follow-up that aims to ensure the health of both the mother and the baby during pregnancy.

PREGNANCY

Gestation is the process that lasts for 9 months, also known as pregnancy.

CONSULTATION

The act or effect of providing care, prescribing, diagnosing, performed by various healthcare professionals (doctors, nurses, psychologists, nutritionists, among others).

EXAMINATION

The act or effect of examining, which can be performed through physical touch, using equipment, or by collecting blood tests and other bodily fluids.

ULTRASONOGRAPHY

A technique that allows visualization of certain internal organs or a fetus through a device.

***INTERCURRENCES
EMERGENCIES***

Irregularities, sudden changes, dangerous alterations for the mother and baby.

VACCINE

The act of inducing the formation of antibodies against a specific infectious agent. In Brazil's SUS, all vaccines from the vaccination schedule are available for free.

GESTATIONAL AGE

The time that passes between the beginning of pregnancy and delivery, measured in weeks and days.

UTERINE HEIGHT

It is a measurement of the size of the uterus used to assess the baby's growth.

***DATE OF LAST
MENSTRUATION***

The first day of the last menstrual period, known as LMP, helps in predicting the estimated due date (EDD) for delivery.

DUE DATE

It is the day when the pregnancy reaches 40 weeks, counted from the first day of the last menstrual period.

CONTRACTIONS

It is the movement of the uterine muscles that allows the baby to be delivered from the mother's womb during delivery.

SANTA CATARINA MATERNAL TEST

It is a free screening test aimed at detecting, preventing, and treating conditions such as Sickle Cell Anemia and Major Thalassemia in pregnant women.

AMNIOTIC FLUID

Amniotic fluid is the liquid inside the placenta that surrounds and cushions the baby during development.

(FETAL HEARTBEAT)

It is the moment when the baby's heart begins to beat and can be heard through an exam performed on the mother's abdomen.

BLOOD PRESSURE

It is the force that blood exerts against the walls of the arteries, which is necessary for blood to circulate throughout the body.

PLACENTA

The placenta is a vascular organ that connects the baby to the mother's uterine wall, allowing the transfer of nutrients and oxygen to the fetus's blood.

DILATION

It is the process of the cervix widening, which occurs during labor due to uterine contractions.

TRIMESTER

A three-month period during pregnancy. A full pregnancy consists of three trimesters.

GESTATIONAL DIABETES

It is a pregnancy-specific condition caused by hormones that interfere with the regulation of blood sugar levels.

PRE-ECLAMPSIA

It is a disease that occurs during pregnancy, characterized by high blood pressure and the presence of proteins in the urine.

FERROUS SULFATE

It is a medication used for the treatment and prevention of iron deficiency anemia.

FOLIC ACID

Also known as vitamin B9 or folate, it is a water-soluble B vitamin that pregnant women need to take during the first trimester of pregnancy.

LABOR

It consists of a series of rhythmic and progressive contractions of the uterus that gradually push the baby through the lower part of the uterus and the birth canal.

CHILDBIRTH

A set of mechanical and physiological phenomena that lead to the expulsion of the baby and placenta from the mother's body.

POSTPARTUM PERIOD

It begins immediately after the placenta is expelled, during childbirth, and lasts between 45 and 60 days.

PUERICULTURE

Consists of a follow-up that begins with the birth of the baby and aims at the promotion and protection of children's health.

HEEL STICK TEST

Is a procedure where a small puncture is made on the baby's heel. The test detects six types of diseases in newborns. It is important to perform the collection at the ideal time, which is between the 3rd and 5th day of the baby's life.

BASIC HEALTH UNIT

It is the place that offers free healthcare services with a team composed of different healthcare professionals. In Brazil, it is also known as a health clinic.

Prenatal Consultation

2

WHAT IS PRENATAL CARE??

Prenatal care is the follow-up provided during pregnancy by a team of healthcare professionals to ensure the health of both the pregnant woman and the baby. It consists of a set of health care and tests conducted throughout the pregnancy to monitor and promote health. In Brazil, it is provided free of charge through the SUS (Unified Health System), and it's necessary to keep your registration up-to-date at the nearest healthcare unit to your residence.

WHY IS ADHERENCE TO PRENATAL CARE IMPORTANT?

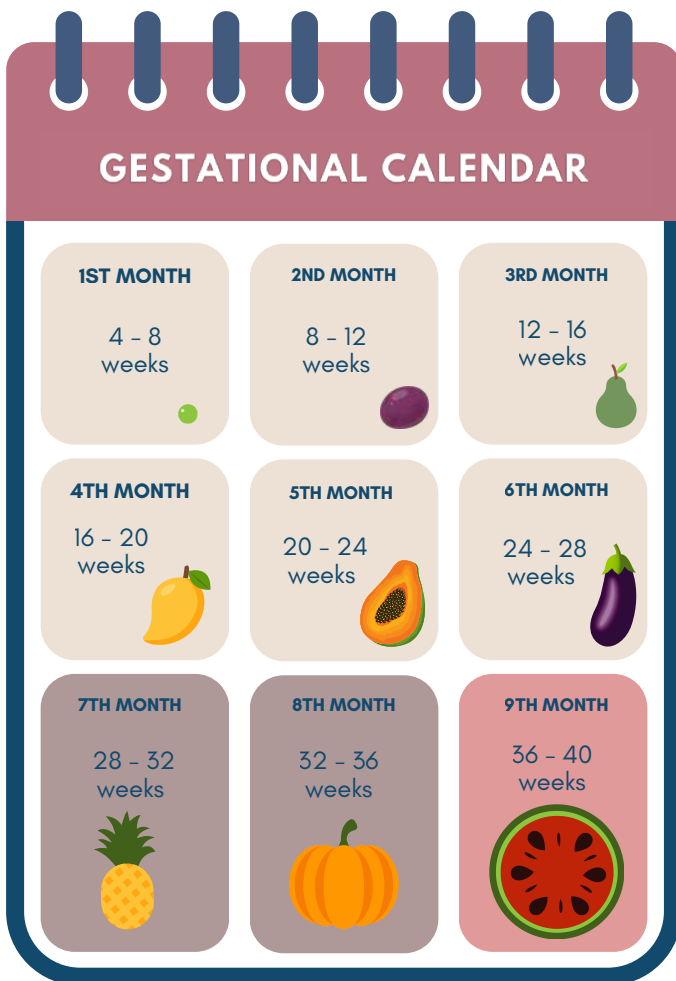
Prenatal care is essential for the health of the pregnant woman and the fetus, as well as for the early detection of complications. Therefore, preventive care practices are important to reduce the risk of complications and ensure the health of both the mother and the baby.

During consultations, the pregnant woman receives information about health care, proper nutrition, exercise practices, and preparation for childbirth. This is crucial for adopting healthy habits and preparing for the challenges of motherhood.



WHAT IS A GESTATIONAL CALENDAR?

The gestational calendar is a tool used to monitor the development of the fetus during pregnancy. It divides the pregnancy into three trimesters and provides an overview of what may occur week by week. Pregnancy is counted from the first day of the last menstrual period, totaling approximately 40 weeks.



LEGEND

During this period, consultations should be made:

MONTHLY

BIWEEKLY

WEEKLY

VACCINATION SCHEDULE

In addition to the exams performed during prenatal care, there are also several vaccines that should be received during pregnancy. These measures aim to strengthen the pregnant woman's immune system and protect the health of the baby. Through immunization, the woman's antibodies are transferred to the child via the placenta and, after birth, through breastfeeding.

WHAT ARE THE MAIN VACCINES?

VACCINE	N° OF DOSES
Hepatitis B	3 doses (initiate or complete the schedule, according to the vaccination status, regardless of gestational age)
Diphtheria and Tetanus (dT)	3 doses (initiate or complete the schedule, according to vaccination status)
Diphtheria, Tetanus, and Pertussis (dTpa)	1 dose for pregnant women from the 20th week of pregnancy

Eating Habits

3

WHAT SHOULD BE AVOIDED DURING PREGNANCY?

The consumption of the following foods can lead to contamination, increase the risk of pregnancy complications, and harm the development of the baby.

Raw or undercooked foods



Examples: Undercooked beef, chicken, or pork, sushi, raw seafood, undercooked seafood, eggs with runny yolks.



Alcoholic beverages and other substances

Examples: Cigarettes, illicit drugs, and all alcoholic drinks. There is no safe amount of alcohol during pregnancy.

Processed meats



Examples: Salami (even homemade), chicken nuggets, turkey breast, bologna, ham, sausage, bacon, and hot dogs.

WHAT SHOULD BE AVOIDED DURING PREGNANCY?



Foods high in caffeine

Examples: Coffee, teas, soft drinks (especially cola and guaraná flavors), and excessive chocolate.

Artificial sweeteners



Examples: Foods containing the following ingredients on their label: aspartame, saccharin, acesulfame, sodium cyclamate, sucralose, and neotame.



THE IMPORTANCE OF WATER DURING PREGNANCY

- It helps stabilize blood pressure
- Eliminates toxins
- Improves blood circulation
- Is important for ensuring fetal circulation and maintaining amniotic fluid volume
- Prevents urinary tract infections

Increase Your Water Intake



REMEMBER!

PREFER

FRESH (IN NATURA) FOODS

Fresh foods are those obtained directly from plants or animals that have not undergone any processing after being taken from nature. They are consumed in their natural state or after minimal preparation, such as washing, cutting, peeling, or cooking.

AVOID

ULTRA-PROCESSED FOODS

They contain a high number of ingredients (often five or more), with unfamiliar names that are not used in culinary preparations and that you likely wouldn't have in your home (hydrogenated vegetable fat, high-fructose syrup, protein isolates, maltodextrin, leavening agents, thickeners, emulsifiers, colorants, flavor enhancers, and many other types of additives).

***Use of
Medications
During
Pregnancy***

4

SAFE USE OF MEDICATIONS DURING PREGNANCY

During pregnancy, caring for both your health and the baby is essential, and this includes paying attention to the use of medications. Some medications can cross the placenta and affect the baby, so it is important to follow these guidelines:

Always consult a healthcare professional



- Before taking any medication, even for relief of mild symptoms like a headache or fever, seek guidance from a healthcare professional.
- Inform the professional that you are pregnant and provide a complete health history to the healthcare provider who is attending to you.

Self-medication: A Risk for You and Your Baby



- Never take medication on your own or follow recommendations from family and friends.
- Natural products, such as teas and herbs, can also have harmful effects on the baby and should be avoided.

Adverse Reactions and Emergencies



- If you experience adverse reactions after taking any medication (such as itching, shortness of breath, or dizziness), seek medical attention at a health unit or emergency care unit (UPA).

Warning Signs

5

WARNING SIGNS DURING PREGNANCY

WHEN TO SEEK MEDICAL CARE?



Frequent headaches



Pain or burning during urination



Excessive swelling in the feet, legs, and face

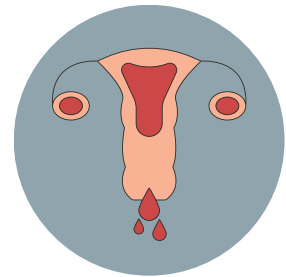
WHEN TO SEEK EMERGENCY SERVICES?



Severe headaches with blurred vision



High blood pressure



Vaginal bleeding or fluid loss



Strong, painful, and frequent contractions



The baby stops moving for more than 2 hours (starting from the 2nd trimester of pregnancy)

Postpartum Care

6

WHAT CARE SHOULD I TAKE?

Vaginal delivery



Keep the scar clean by washing it with soap (without fragrance or color) during your bath or after using the restroom, and drying the area thoroughly. The area is healing and may be painful, so maintain hygiene care and avoid intimate contact with your partner. Don't worry, the stitches will dissolve on their own.

Cesarean delivery



Keep the scar clean by washing it with soap (without fragrance or color) during your bath and drying it thoroughly. The area is healing and may be painful. The stitches should be removed 7 to 10 days after birth at the Basic Health Unit.



During this period, it is common to experience cramps that may increase in intensity during breastfeeding. You will notice a discharge from the vagina, which initially resembles bleeding and will gradually decrease and lighten over time.



If you experience severe and continuous pain in the lower abdomen, vaginal bleeding with an unpleasant odor, and/or fever, quickly seek a Basic Health Unit for evaluation.



If you had high blood pressure, diabetes, or any other health problem, it is essential to continue treatment even after the birth of your baby. Don't forget to always seek guidance at the health unit, they can help you!

Breastfeeding

7

ADVANTAGES OF BREASTFEEDING



FOR THE WOMAN:

- **Helps** the uterus return to its normal size and reduces the risk of hemorrhage;
- **Contributes** to returning to normal weight;
- **Reduces** the risk of breast, ovarian, and uterine cancer;
- **Contributes** to increasing the interval between pregnancies;
- **Prevents** the risk of diabetes, cardiovascular diseases, obesity, and issues caused by fat in the blood.

FOR THE BABY:

- It is **a complete food**, meeting all of the baby's nutritional needs, including hydration, when given exclusively until six months;
- Promotes **adequate weight gain** in childhood and later in life, reducing the risks of low birth weight, overweight, obesity, leukemia, and chronic diseases like diabetes and asthma;
- **Reduces** the risk of mortality;
- **Prepares the child's muscles** for the introduction of solid foods, especially for chewing;
- **Decreases the incidence** of choking or oral reflexes when transitioning to solids;
- **Strengthens the emotional bond** with the mother, fostering greater self-esteem, security, and self-confidence in adulthood.



WHEN TO SEEK HELP?

- Difficulty **latching or keeping** the baby on the breast;
- **Pain** during breastfeeding;
- Breasts that are **warm, engorged, or sore**;
- **Clicking sounds** while the baby is nursing.



MANUAL EXPRESSION: HOW TO DO IT?

1

Start with **circular movements** using your fingertips, going from the tip of the nipple to the base of the breast near the chest, along with circular motions around the areola.

2

When reaching the base of the breast, massage with **open hands** and gently shake the breasts using your hands and/or by leaning your torso forward so that the breasts hang freely and can be gently shaken.

3

After the massage, manual expression may be necessary to help with breast emptying. The massage should last at least **10 to 15 minutes**. Expression should be performed with the **hand in a "C"** shape—thumb placed on the upper edge of the areola and index finger on the lower edge. The woman should press one finger against the other, **without pulling or tugging the nipple** under any circumstance.

Baby Care

8

UMBILICAL STUMP

- Clean daily until it falls off;
- Use a cotton swab or cotton ball with 70% alcohol for cleaning;
- Do not apply anything over the stump (such as bands, gauze, dressings, or ointments);



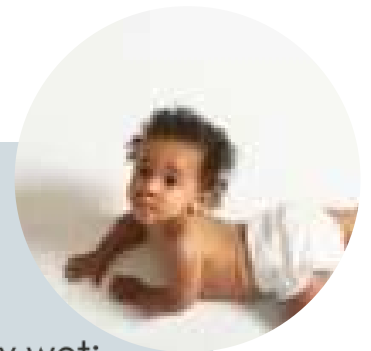
BATHING AND HYGIENE

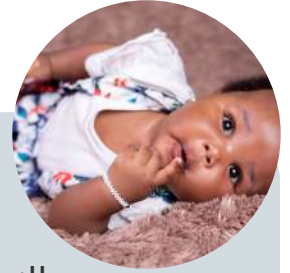
- Daily bath;
- Use mild (neutral) soap from head to toe;
- Thoroughly clean skin folds;
- Wrap the baby in a diaper towel to help with positioning;
- Be cautious with water temperature (test with the forearm – it should be warm).



DIAPER CHANGE

- Whenever the baby has had a bowel movement or is heavily wet;
- Preferably clean with a cloth or cotton ball moistened with warm water;
- Do not routinely use ointments or talcum powder;
- Avoid lifting the baby's legs; roll the baby to the side to clean;
- Clean in a way that prevents feces from being transferred to the urinary canal – always from top to bottom and front to back.





BABY'S SLEEP

- The baby should sleep **on a flat, firm surface**, without pillows, blankets, or protective items;
- Always **on the back** to prevent suffocation;
- **Do not** allow the baby to sleep in nests, strollers, or infant car seats;
- If choosing co-sleeping with parents: The baby should **NOT** sleep between the parents; the bed should be against the wall, and the baby should sleep between the wall and the mother. **Do not** use blankets or pillows. Parents should not smoke, drink alcohol, or take sleep medications if co-sleeping.

CHOKING FIRST AID MANEUVER



It is known as the Heimlich maneuver and **can save your baby's life.**

ACCESS THE VIDEO BY CLICKING OR POINTING YOUR CAMERA AT THE QR CODE.



- Point your phone's camera or download a QR CODE reader app.
- You can change the subtitle language in the video settings.

Contraception and Family Planning

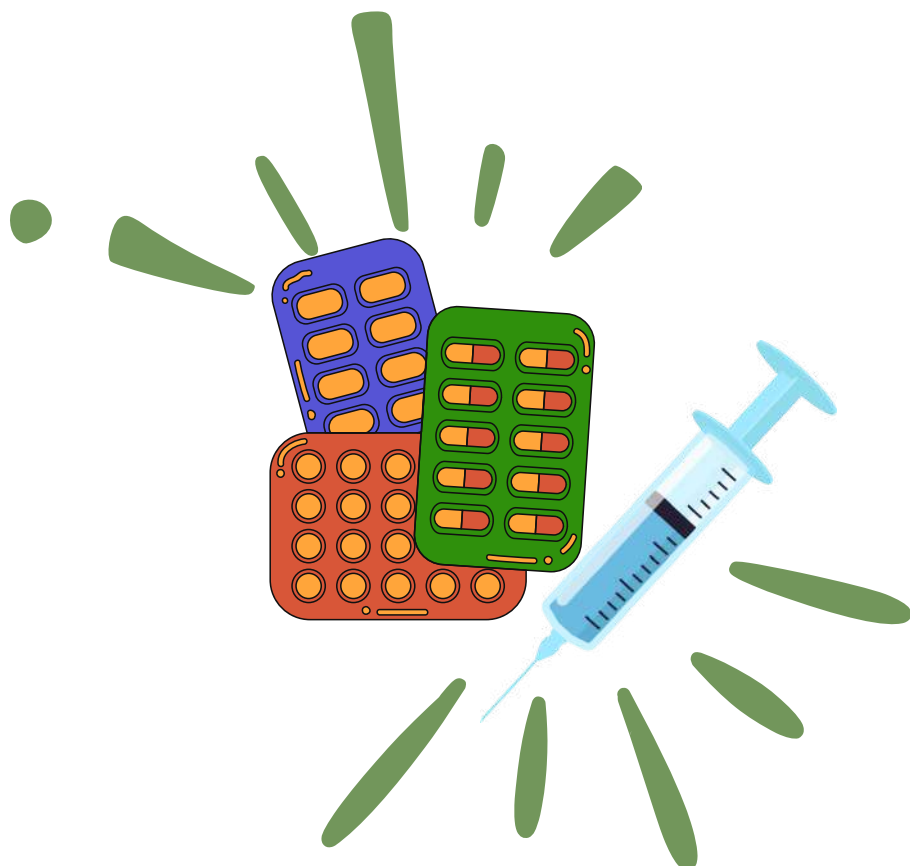
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HOW CAN I PREVENT ANOTHER PREGNANCY?

In Brazil, access to contraceptives is guaranteed by Federal Law 9.263/93. Family planning is a right, and in order to exercise it, all methods and techniques for conception and contraception must be provided.

What are contraceptive methods?

There are several options to prevent pregnancy, including: injections, condoms, oral contraceptive pills, intrauterine devices (IUD), and permanent methods such as tubal ligation and vasectomy.





HORMONAL METHODS



INJECTABLES:

- **Norethisterone + Estradiol injection:** It is administered between the 21st and 28th day or during the first menstruation postpartum. **IT IS NOT RECOMMENDED FOR THOSE WHO ARE BREASTFEEDING.**
- **Medroxyprogesterone injection:** Administration should only be done starting from the 6th week postpartum.

ORAL:

- **Low-dose pill:** Monthly monophasic. **IT IS NOT RECOMMENDED FOR THOSE WHO ARE BREASTFEEDING;**
- **Contraceptive pill for exclusive use during breastfeeding:** This method is recommended if the woman is breastfeeding and after 6 weeks postpartum; It should be taken at the same time daily and exclusive breastfeeding should be maintained;
- **Emergency contraceptive pill (ECP):** Its goal is to prevent an unwanted or untimely pregnancy. It is extremely important that emergency contraception is used within 72 hours after sexual intercourse, as after this period, the method loses much of its effectiveness.



ALL MEDICATIONS CAN BE PRESCRIBED BY A DOCTOR OR NURSE.



BARRIER METHODS



COPPER IUD: It is an excellent contraceptive method with a duration of 10 years. The IUD is a safe method and can be inserted after childbirth.

The insertion process through the SUS system can be initiated by a doctor or nurse.



NON-HORMONAL METHODS



CONDOMS: The only method that protects against sexually transmitted infections (STIs). They act as a barrier to prevent the passage of sperm. There are options for both **MALE** and **FEMALE** condoms.



CONDOMS CAN BE OBTAINED FOR FREE AT ANY BASIC HEALTH UNIT.



SURGICAL METHODS



TUBAL LIGATION: It is a permanent contraceptive method that does not alter the menstrual cycle or cause changes in female hormone levels.

You can request the procedure at the basic health unit by speaking with a doctor or nurse. A strict 60-day waiting period between expressing the desire and confirmation must be observed.

VASECTOMY: It is a very quick surgical procedure and does not interfere with the production of male hormones or sexual performance.

The man can request the procedure at the basic health unit by speaking with a doctor or nurse. A strict 60-day waiting period between expressing the desire and confirmation must be observed.



*IN BRAZIL, TUBAL LIGATION AND VASECTOMY ARE PERMITTED, WITH THE MINIMUM AGE FOR THESE PROCEDURES BEING **21 YEARS OLD**.*

***Useful
Services***

10



To assist families and individuals in situations of social vulnerability, the municipality has Law No. 7341, dated November 7, 2018, which regulates the organization of Social Assistance (SUAS) in Criciúma. This law provides for the granting of occasional benefits, such as maternity assistance (through layette), temporary vulnerability assistance, which covers food and documentation, and funeral assistance, all according to established criteria.

LOOK FOR THE CLOSEST CRAS TO YOUR HOUSE!

CRAS CRISTO REDENTOR: (48) 3439-4259

Area of coverage: Ana Maria, Cristo Redentor, Jd Maristela, Moradas do Sol, Vila Natureza I e II, Vida Nova.

CRAS PRÓSPERA: (48) 3445-8921

Area of coverage: Brasília, Argentina, Linha Anta, Linha Batista, Linha Cabral, Buenos Aires, N Sra Salete, Imigrantes, Vila Rica, Próspera, Demboski/Vila Selinger/linha da Soler, Ceará.

CRAS RENASCER: (48) 3439-7406

Area of coverage: São João, Primeira Linha, Pontilhão, Renascer, Bosque do Repouso.

CRAS SANTA LUZIA: (48) 3445-8940

Area of coverage: Nova Esperança, Santa Luzia, Jardim União, Vila Manaus Vila Progresso, São Sebastião/ Lot. Elisa, São Defende, Montevideo, Mae Luzia, Vila Belmiro, Santo André, Vila Vitoria.

CRAS TEREZA CRISTINA: (48) 3445-8941

Area of coverage: Boa Vista, Jardim Angélica, Paraíso, Pinheirinho, Santa Augusta Santo Antônio, São Francisco, Tereza Cristina, Floresta II Universitário, Imperatriz.

CRAS VILA MIGUEL : (48) 3478-5002

Area of coverage: Colonial, Vila Viscondi, Laranjinha, Vila Miguel, Rio Bonito Metropol, Poço I, São José, Catarinense, Wosocris, São Marcos.

CENTRAL UNIT: (48) 3445-8913

Area of coverage: Anita Garibaldi, Capão Bonito, Centro, Coloninha Zilli, Comerciário, Cruzeiro do Sul, Espigão da Pedra, Fábio Silva, Floresta I, Jardim das Acácias, Jd Paineiras, Liberdade, Lot Pedro Zanivan, Lote 6, Maria Céu, Michel, Milanese, Mina Brasil, Mina do Mato, Mina do Toco, Monte Castelo, Morro Albino, Morro Estevão / Jd Esteves Napolini, Nossa Senhora do Carmo, Operária Nova, Pio Correa, Quarta Linha / Jd Itália, Recanto Verde, Rio Maina, Sangão, Santa Bárbara, Santa Catarina, São Cristóvão, São Domingos, São Luiz, São Roque, São Simão, Vera Cruz, Verdinho, Vila Francesa, Vila Isabel, Vila Zuleima.

ALSO CALL

- **CREAS:** (Specialized Reference Center for Social Assistance): (48) 3445-8925
- **Children, Adolescents, Women, and Elderly Police Station in Criciúma:** (48) 3403-1717 ou (48) 3403-1718
- **Santa Catarina Maternal and Child Hospital:** (48) 3512-2137
- **Women's Health:** (48) 3403-7414
- **Child Protection Council:** (48) 3445-8922
- **Emergency Medical Service (EMS):** 192

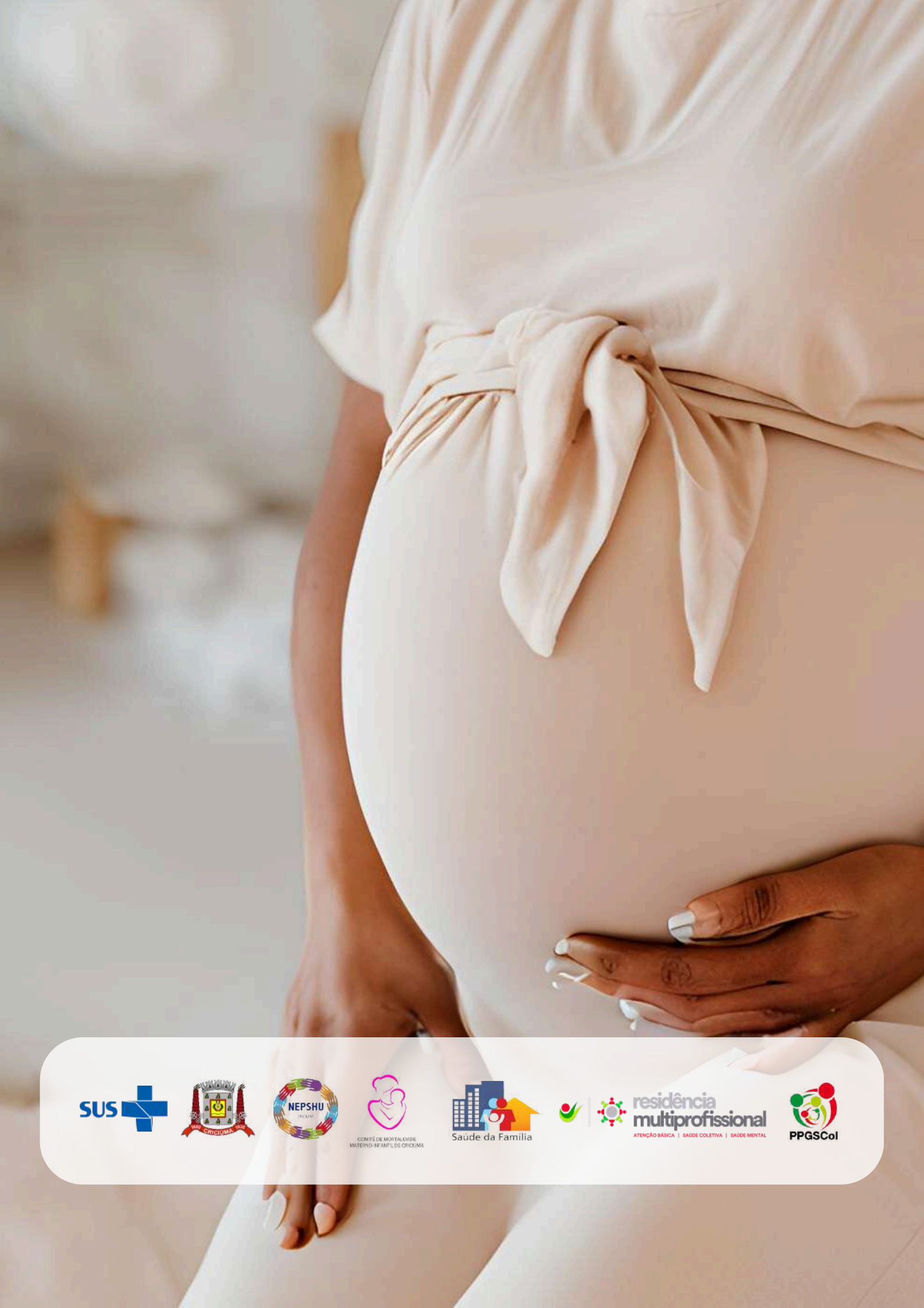
**PERMANENT PREGNANCY
GROUP**

If you wish to be part of a multidisciplinary group that supports you during pregnancy:

- **Permanent Pregnancy and Family Group of Criciúma and Region (Nascer Bem):** To participate, you must be registered as a pregnant woman at your health unit. The meetings take place once a month and cover various topics, such as breastfeeding, baby layettes, birth preparation, baby care, and all doubts related to the pregnancy period. In the group, you will have the opportunity to participate in the natural ultrasound, which is the natural painting of the baby on your belly.
- **Maternal-Infant and Family Care Program (PAMIF):** Located at the Integrated Clinics (UNESC), contact: (48) 99180-1783.

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