

# HEALTHY. Arrival™

*A healthy guide for  
your third trimester  
and new baby*

The Nutrition  
You Need  
**NOW!**

**WELLNESS**  
Begins at  
Home

Baby's Nursery

Make it  
**SAFE.**  
Keep it  
**HEALTHY.**



Visit  
[www.lysol.com/newmom](http://www.lysol.com/newmom)  
for advice that grows with your baby

## the countdown is on

Help ensure a  
healthy arrival!

*Y*our third trimester is an exciting and busy time. You're getting ready to welcome a new baby into your home while continuing to keep yourself healthy and feeling great as you experience the last few months of pregnancy.

Naturally, your healthcare provider is your number one resource for answers to major questions about your pregnancy. But it's also good to have easy access to important information that can [help you prepare for your newborn's arrival](#) and then continue to grow with your baby care needs.

Refer to this handy guide from the makers of LYSOL®... plus an accompanying website, [www.lysol.com/newmom](http://www.lysol.com/newmom), which we hope you'll rely on to create a healthy and happy environment for your baby, your family and yourself!



## the nutrition you need now

Your priority during pregnancy is to eat healthy foods to get the nutrients you and your unborn baby need. Up your daily calorie intake by about 300 and drink at least 6-8 glasses of fluids to support your increased blood volume. It's also vital that you maintain a healthy lifestyle, so be sure to:



- Find your balance between food and physical activity
- Get the most nutrition out of your calories (DO NOT DIET and deprive your unborn baby of essential protein, vitamins and minerals!)

Eat the recommended daily servings from each food group

- Grains
- Meat/Poultry/Fish/ Dry Beans/ Eggs/Nuts
- Vegetables
- Oils
- Fruits
- Discretionary Calories
- Milk/Yogurt/ Cheese

You can find more nutritional information at [www.mypyramid.gov](http://www.mypyramid.gov).

**Lysol** Mission for Health



**We do more not just because we can, but because we must.**

Health matters. To all of us. That's why we started the *Lysol® Mission for Health*. With new mom programs, healthy habits initiatives in schools and disaster relief efforts.

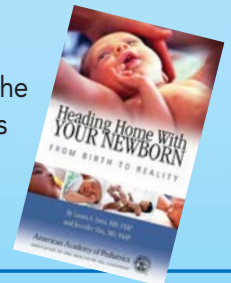
As part of this mission, **LYSOL®** is taking a bold step in supporting new moms with an online site designed to help answer a variety of questions you may have concerning your pregnancy and your child's first year.

### VISIT US TODAY

at [www.lysol.com/newmom](http://www.lysol.com/newmom) and take advantage of these great resources!

- Health tips for mom and baby
- New mom's forum for questions & advice
- Newborn instruction from Dr. Laura Jana, pediatrician and mom
- Coupons and much more!

When you register with **LYSOL®**, you will have the chance to win Dr. Jana's well-respected book, "Heading Home With Your Newborn"



Register today at [lysol.com/newmom](http://lysol.com/newmom)

No Purchase Necessary. Sweepstakes begins September 7, 2010 and ends December 31, 2010. Sweepstakes is open to legal residents of the 50 states and D.C. who are 18 or older at time of entry. To enter and/or full rules, please visit [www.lysol.com/newmom](http://www.lysol.com/newmom).

## wellness for your body & your home

**D**uring your third trimester you'll want to take special care to stay healthy before your baby arrives. In addition to good nutrition and personal health habits, there are some important steps you can take to ensure that your home environment is a healthy one, too.

While you're in your third trimester you're more susceptible than ever to the flu (which can lead to pneumonia!), and colds that can last up to three times longer. Now is a good time to **reduce illness-causing germs** on surfaces. Regularly clean and disinfect the obvious surfaces in your kitchen, bathroom, living areas and bedrooms, and less obvious places like doorknobs and light switches. You may want to keep these tips top-of-mind:

- Disinfect any area that's been touched by a person – especially someone with a cold or the flu!



- Handle and prepare food safely and avoid certain foods that can spread bacteria and parasites directly through eating or by cross-contamination (see our Bacteria Watchouts box to the right)  
*- You're in a high-risk group for special food-related issues that can be life threatening to your unborn baby!*
- Wash your hands after cleaning!
- Change towels and cleaning cloths frequently!



### BACTERIA WATCHOUTS

**RHINOVIRUS** infection accounts for about half a billion cases of the common cold in the U.S. each year, with most occurring in the fall, winter and spring. Adults average 1-3 colds a year, but pregnant women are more susceptible. So be sure to disinfect surfaces and wash hands often to avoid contamination.

**SALMONELLA** is a bacteria that can cause diarrhea, fever and abdominal cramps. Although most people recover without treatment, symptoms can be very severe for those in at-risk groups. To avoid the germ, do NOT eat raw or undercooked meat or eggs, contaminated dairy products or produce. Cook poultry, ground beef and eggs to safe internal temperatures. Always wash before and after handling food, and disinfect surfaces to avoid cross-contamination.

**LISTERIA MONOCYTOGENES** is a harmful bacterium that can grow on unpasteurized foods...even in the fridge! These include soft "fresh" cheeses like feta, Brie and blue cheese... unpasteurized milk, juices and ciders...and recipes using raw eggs – mousse, tiramisu, etc. Totally avoid raw or undercooked meats, fish (sushi!) and shellfish...and reheat processed meats, like hot dogs and deli meats, until steamy hot!

Learn more about these and other germs – and check the symptoms – at [www.lysol.com/newmom](http://www.lysol.com/newmom).

*Y*

## keep nursery safe



our precious little arrival needs a healthy and safe environment to grow into a healthy little boy or girl. As you prepare the nursery, keep in mind that your baby will grow quickly and become more daring. You and your child will also be susceptible to germs as they enter your home from visitors bearing gifts (and colds). Below are some health and safety tips to keep top-of-mind:

### DIAPER CHANGING TABLE

- Be sure to wipe and disinfect the table after every diaper change to prevent the spread of bacteria. Keep disinfectant wipes in the nursery for clean-up
- Make sure there's a 2" high railing on all sides to keep your baby from rolling off
- Use a changing surface that's slightly indented, not dirty, torn or broken

### FLOORS

- Dust mite debris can get trapped in the fibers of carpeting, so try to replace carpets with a hard flooring

### CRIB

- Choose a crib with slats no more than 2-3/8" apart to prevent baby from slipping through
- Make sure corner posts are less than 1/16" above the end panel to keep baby's P.J.'s from catching
- Don't use a crib with design cutouts, missing or broken hardware or slats

### MATTRESS

- Be certain it fits snugly, so that you can't fit more than two fingers between the mattress and crib
- Remove plastic covering

### GENERAL BABYPROOFING

- During the flu season, 59% of surfaces can be contaminated with the flu virus. So be sure to use a disinfectant spray in the nursery
- Remove or cover potential hazards, like exposed heating sources, electrical outlets, small electrical appliances, curtains and cords
- Install (or check) drawer stops, locks on kitchen cabinets and cleaning products closets
- Set your water heater to a maximum of 120°F.

### FIRST AID KITS (both home and car)

- See [www.lysol.com/newmom](http://www.lysol.com/newmom) for complete checklists
- Be sure to store out of children's reach but easily accessible for adults



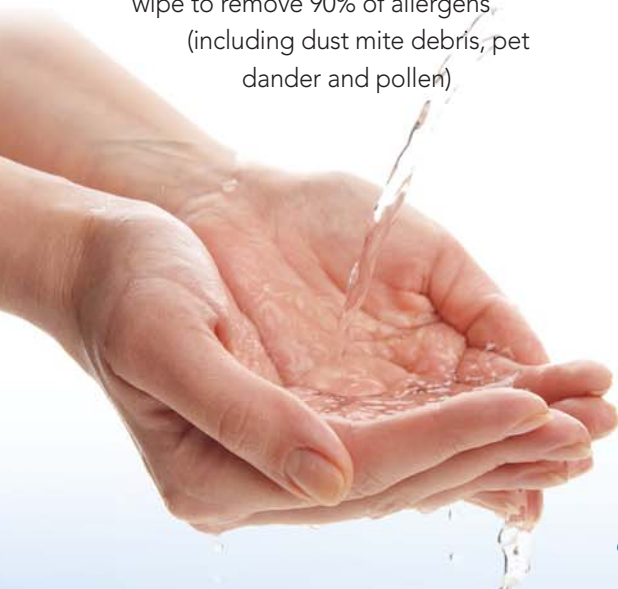
## help keep baby healthy

**B**ecause your new baby's immune system isn't fully developed, it's crucial to protect him or her from germs and allergens. Remember that cleaning and disinfecting are NOT the same thing. **Only disinfecting actually kills germs** on cribs, changing tables, mats, and other surfaces that might get contaminated during diapering or exposure to body fluids, or when touched by sick family members or visitors.

To put it in perspective, one bacteria brought into your baby's nursery today can grow to 8 million by tomorrow. So keep a disinfectant within reach in your baby's room.

### ***Follow these simple strategies to help keep baby healthy:***

- Wash hands before touching and after caring for your baby. (Constantly remind other children and babysitters!)
- Avoid the spread of germs by visitors... and when you go visiting, too! Ask visitors to wash their hands before handling baby
- Wipe down hard surfaces with a disinfectant wipe to remove 90% of allergens (including dust mite debris, pet dander and pollen)



- Disinfect surfaces that you or your baby come in contact with (from counters to changing tables). Remember, the flu virus can live on surfaces for up to 48 hours

As you await your big day, learn how to create a safe and healthy environment for your new arrival at [www.lysol.com/newmom](http://www.lysol.com/newmom).

## Hand Washing Guide

- Use a 99.9% antibacterial soap when washing hands with warm water
- Scrub completely, including under and around the nails for at least 20 seconds
- Rinse well
- Dry with a paper towel or air dryer
- Use your paper towel to turn off the faucet



## Keep This Valuable Contact Information Handy!

Use these free resources to find reliable answers to many of your concerns and questions about your third trimester, your newborn's arrival and future needs:\*

### **Centers for Disease Control**

*Pregnancy Information:* [www.cdc.gov/ncbddd/pregnancy\\_gateway/during.html](http://www.cdc.gov/ncbddd/pregnancy_gateway/during.html)  
*Diabetes During Pregnancy:* [www.cdc.gov/ncbddd/bd/diabetespregnancy.htm](http://www.cdc.gov/ncbddd/bd/diabetespregnancy.htm)  
*Childhood Immunization Information:* [www.cdc.gov/vaccines/recs/schedules](http://www.cdc.gov/vaccines/recs/schedules)  
or 1-800-CDC-INFO

### **U.S. Dept of Health & Human Services**

*Pregnancy Information:* [www.womenshealth.gov/pregnancy/](http://www.womenshealth.gov/pregnancy/)  
*Labor, Delivery, Pain Management:* [www.womenshealth.gov/pregnancy/childbirth-beyond](http://www.womenshealth.gov/pregnancy/childbirth-beyond)

**U.S.D.A. Nutritional Guidelines:** [www.mypyramid.gov](http://www.mypyramid.gov)

**Depression (During & After Pregnancy):** [www.womenshealth.gov/faq/depression-pregnancy.cfm](http://www.womenshealth.gov/faq/depression-pregnancy.cfm)

**Pregnancy/Newborn Information:** [www.kidshealth.org/parent/pregnancy\\_newborn](http://www.kidshealth.org/parent/pregnancy_newborn)

**National Poison Prevention Hotline:** 1-800-222-1222  
If child is unconscious or not breathing, CALL 911

**EMS (Ambulance)** 911

**Germ protection** [www.lysol.com](http://www.lysol.com)

\*These resources are offered for reference only. If you are concerned or need more information about any aspect of your baby's or your own health, contact your pediatrician, nurse practitioner or healthcare provider.

