

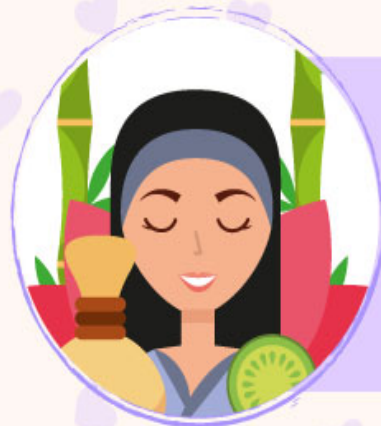


How To Stay Cool When Pregnant



Drink sufficient water

Avoid direct and prolonged exposure to the sun



Try cold compresses

Wear loose and comfortable clothes



Keep your bedroom cool and ventilated

Go swimming occasionally (after taking your doctor's consent)

