

TO KEEP BABY AND YOU SAFE FROM  
PREECLAMPSIA

# Let's Do Aspirin!

## What is preeclampsia?

Preeclampsia is a serious disease during pregnancy where high blood pressure and other complications can put baby and you at risk.

## How can I prevent preeclampsia?

Low-dose aspirin, as recommended by your healthcare provider, is the only known effective solution to prevent preeclampsia.

## How can low-dose aspirin keep you safe?

Studies have shown that taking low-dose aspirin during pregnancy may help reduce your risk for serious problems, like preeclampsia and premature birth.

Ask your healthcare provider,  
**"Am I at risk for preeclampsia?"**

#LETSDOASPIRIN



**CMQCC**  
California Maternal  
Quality Care Collaborative



Scan the QR Code to access the  
**MARCH OF DIMES**  
Health Action Sheet to prevent  
preeclampsia and premature  
birth.