

Swahili to English Translation:

Material	Swahili	English
IFA_potential mother_poster_v02_Swahili	Niko Poa! Napanga kutumia Folic Acid Supplements kabla niwe mjamzito	I'm cool! I plan on using Folic Acid Supplements before I get pregnant
	Ukimeza tembe za Folic Acid kabla uwe mjamzito na mwezi wa kwanza wa ujauzito, utazuia mtoto kuzaliwa na ulemavu kwenye uti wa mgongo	When you take Folic Acid tablets before pregnancy and during the first month of pregnancy, you will prevent your baby from being born with a disability of the spinal cord
	Iron Folic Acid Supplements (IFAS) Huimarisha afya ya mama na ujauzito wake	IFAS improves the health of the mother and her pregnancy
	Tembelea kituo cha afya upate maelezo zaidi juu ya IFAS.	Visit the health centre to find out more information on IFAS