

Mobile Phone Access

Available in English and Spanish, Hesperian's comprehensive app on pregnancy and birth contains a wealth of information on:

- how to stay healthy during pregnancy
- how to recognize danger signs during pregnancy, birth, and after birth
- what to do when a danger sign arises
- when to refer a woman to emergency care
- instructions for community health workers with step-by-step explanations such as "How to take blood pressure," "How to treat someone in shock," "How to stop bleeding."



English:

[Preview the English app here](#)

For iPhone, iPod Touch and iPad: Download the free English app for free from the [iTunes store](#).

For Android: Download the free English app for free from the [Google Play app store](#).