

February is...

International Prenatal Infection Prevention Month



Help Prevent Prenatal Infections:

Diet and Food Handling

- ✚ Wash your hands thoroughly after handling raw or undercooked meat.
- ✚ Cook all meats and poultry thoroughly, avoid undercooked eggs.
- ✚ Avoid cold cuts, deli meats, unpasteurized milk, cheeses made with unpasteurized milk, and unpasteurized juice or cider.
- ✚ Peel or wash all raw fruits and vegetables, avoid vegetable sprouts.

Contagious Diseases

- ✚ Make sure that your vaccinations are up to date prior to becoming pregnant.
- ✚ Avoid people infected with contagious diseases such as chickenpox or fifth disease. Call your doctor right away if you have been exposed.
- ✚ Wash hands thoroughly and often especially after contact with saliva or diapers of young children.
- ✚ Do not share food, drinks, or utensils especially with young children.

Environmental

- ✚ Avoid cleaning animal cages and litter boxes.
- ✚ Wear gloves when gardening.

Prenatal Care

- ✚ Some microorganisms that are not usually harmful to mothers can cross intact membranes.
 - Ask for a urine culture in at least your first and third trimester for GBS and other bacteria.
 - See your doctor right away if you have any symptoms of a vaginal infection.
 - Talk with your doctor about alternatives to stripping membranes or using cervical ripening gel to induce labor. Avoid unnecessary, frequent, or forceful vaginal exams.
 - If GBS positive, talk to your doctor about whether or not to use internal fetal monitors before you have had adequate antibiotics in labor.
 - Get tested for GBS in your 35th to 37th week of pregnancy.

For more information and resources on prenatal infections, please visit:

www.groupbstrepinternational.org/prenatalinfectionprevention08.html

www.marchofdimes.com

www.cdc.gov