

HYGIENE

Many types of prenatal infection can be prevented with healthy pregnancy behaviors. Use the word “HYGIENE” to help you make these behaviors routine!



Handwashing helps

Infections that may be prevented:

Influenza (flu), congenital cytomegalovirus (CMV), salmonellosis, and toxoplasmosis



Yes to prenatal care

Germs that may be identified and treated:

Group B strep, hepatitis B virus, and *Chlamydia trachomatis*



Good food prepared safely

Infections that may be prevented:

Listeriosis and salmonellosis



Immunizations

Infections that may be prevented:

Influenza, German measles (also known as rubella), and chickenpox



Evade others' bodily fluids

Infections that may be prevented:

Influenza, congenital CMV, fifth disease, gonorrhea, and syphilis



No to unnecessary invasive procedures

Infections that may be prevented:

Group B strep disease and *E. coli* infection



Environmental precautions

Infections that may be prevented:

Toxoplasmosis, malaria, dengue fever, Zika virus disease, and Lyme disease

 H Y G I E N E

HANDWASHING HELPS

Handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

Infections that may be prevented:

Influenza (flu), congenital cytomegalovirus (CMV), salmonellosis, and toxoplasmosis



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YES TO PRENATAL CARE

Preconception and prenatal care can help prevent complications and inform women about important steps they can take to protect their baby and ensure a healthy pregnancy. With regular prenatal care women can reduce the risk of pregnancy complications.

Germs that may be identified and treated:

Group B strep, hepatitis B virus, and *Chlamydia trachomatis*

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GOOD FOOD PREPARED SAFELY

Immune system changes in pregnant women place women and their baby at increased risk of foodborne illness. These illnesses can be worse during pregnancy and may lead to miscarriage or premature delivery.

Infections that may be prevented:

Listeriosis and salmonellosis

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IMMUNIZATIONS

During pregnancy, vaccinated mothers pass antibodies to their babies, providing some protection against certain diseases during their first few months of life when a baby is still too young to get vaccinated. To protect yourself and your baby, it's important to understand which vaccines you may need before, during, and after your pregnancy.

Infections that may be prevented:

Influenza, German measles (also known as rubella), and chickenpox

 H Y G I E N E

EVAADE OTHERS' BODILY FLUIDS

Some infections in pregnant women can harm their baby during pregnancy, during delivery, or after birth. Many infections are spread through bodily fluids such as blood, saliva, mucus, and urine. Avoiding these can help protect a mother and her baby.

Infections that may be prevented:

Influenza, congenital CMV, fifth disease, gonorrhoea, and syphilis

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NO TO UNNECESSARY INVASIVE PROCEDURES

Avoid unnecessary, frequent, or forceful internal exams which may push germs closer to your baby. Vaginal or perineal ultrasounds are a less invasive option. Ask your provider to not strip your membranes as certain germs can cross even intact membranes.

Infections that may be prevented:

Group B strep disease and *E. coli* infection

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ENVIRONMENTAL PRECAUTIONS

During pregnancy, the environment you inhabit can impact the development of your baby. While your baby is vulnerable during this period of growth, many negative environmental influences can be lessened or avoided if you take precautions.

Infections that may be prevented:

Toxoplasmosis, malaria, dengue fever, Zika virus disease, and Lyme disease



SOURCES

Handwashing: CDC - Handwashing in Communities: Clean Hands Save Lives
[cdc.gov/handwashing/index.html](https://www.cdc.gov/handwashing/index.html)

Yes to prenatal care: NIH- What is prenatal care and why is it important?
[nichd.nih.gov/health/topics/pregnancy/conditioninfo/prenatal-care](https://www.nichd.nih.gov/health/topics/pregnancy/conditioninfo/prenatal-care)

Good food prepared safely: FoodSafety.gov- People at Risk: Pregnant Women
[foodsafety.gov/people-at-risk/pregnant-women](https://www.foodsafety.gov/people-at-risk/pregnant-women)

Immunizations: US Department of Health and Human Services - Vaccines for Pregnant People
[hhs.gov/immunization/who-and-when/pregnant/index](https://www.hhs.gov/immunization/who-and-when/pregnant/index)