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