

# 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