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Prenatal infection is estimated to contribute to nearly half of stillbirths in developing countries. E Mulder, R Goldberg, J Matern Fetal Neonatal Med 2009

Prenatal infection can be caused by a wide variety of microorganisms, including bacteria, viruses, and parasites.

Method:
1. Listed routes of prenatal infection.
2. Listed microorganisms that can commonly cause prenatal infection.
3. Identified behaviours that could help reduce the risk of prenatal infection.

Handwashing helps
Infections that can be prevented:
- Listeria monocytogenes, Enteropathogens such as E. coli and Salmonella spp., Toxoplasma gondii, Enteroviruses, influenza (flu)

EVADE OTHERS' BODILY FLUIDS

Simply staying clear of germs found in saliva, urine, blood, semen, and other bodily fluids can help keep your baby safe! Keep away from anyone with infections that can spread through coughing and sneezing. Pregnant women are most commonly exposed to CMV through the saliva and urine of young children. Use these precautions:
- Don't share food, drinks, eating utensils, and toothbrushes with young children
- Don't put a child's pacifier in your mouth.
- Avoid contact with saliva when kissing a child.
- Clean toys and surfaces that come into contact with children's saliva or urine.

Always use safe sex practices. New parents can introduce germs even through oral sex. Be careful to not come into contact with used needles, blood, or other sores and don't share toothbrushes and razors.

Good food prepared safely
Infections that can be prevented:
- Herpes (HSV) 1 and 2, Human immunodeficiency virus (HIV), Syphilis, Chlamydia, Gonorrhea, Ebola, Cytomegalovirus (CMV), Hepatitis viruses

No to unnecessary invasive procedures
Infections that can be prevented:
- Vaginal/cervical infections, Chlamydomonas

Evade others’ bodily fluids
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Evade others’ bodily fluids
Infections that can be prevented:
- Herpes (HSV) 1 and 2, Human immunodeficiency virus (HIV), Syphilis, Chlamydia, Gonorrhea, Ebola, Cytomegalovirus (CMV), Hepatitis viruses

Immunizations:
- Influenza (flu), Tetanus, diphtheria, and pertussis also known as whooping cough ("Tdap vaccine")

No to unnecessary invasive procedures
Infections that can be prevented:
- Vaginal/cervical infections, Chlamydomonas

Environmental precautions
Infections that can be prevented:
- Malaria, Malaria-like infections, Dengue, West Nile virus, Chikungunya virus, Zika virus, Lyme disease, Rocky Mountain spotted fever, Lymphocytic choriomeningitis virus (LCMV)

Patient education is a vital tool to help prevent prenatal infection. Knowledge gives women the power to advocate on behalf of their and their unborn baby’s health.

Conclusion:
We found that giving parents specific actions they can take to help avoid the risk of prenatal infection has been welcomed and useful instead of overwhelming parents with information about how to prevent each of the many types of infection.