

Prenatal Infection Prevention Awareness Month

What types of prenatal infections are there?

Prenatal Infections can be very serious and include a host of various ailments. The following are a few of the most common infections that can occur: Salmonellosis, Group B Strep (GBS), Cytomegalovirus, Varicella (Chickenpox), Erythema Infectiosum ("Fifth Disease"), Listeriosis, and Toxoplasmosis.

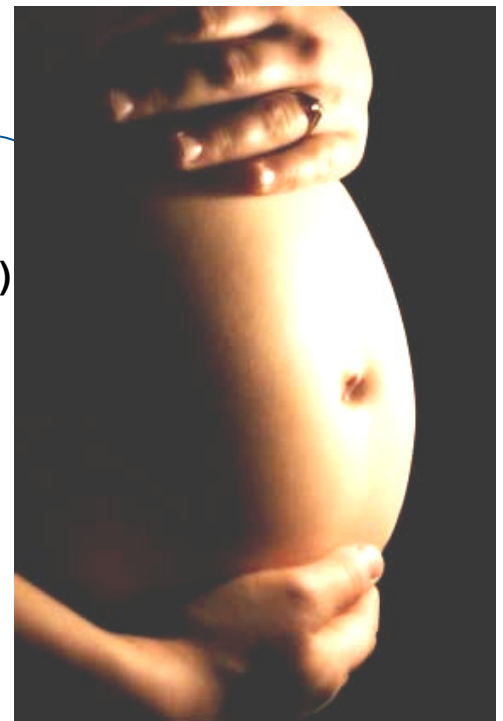
Preventative Measures

Prenatal Infection preventative methods include: cooking all meats thoroughly, avoiding unpasteurized products, avoid under cooked eggs, wash hands thoroughly and frequently, avoid outdoor sandboxes and cleaning cat litter boxes, avoid deli meats, maintain proper dental hygiene, wear gloves while gardening and cleaning, do not share drinking cups or utensils, and avoid raw vegetable sprouts.



Prenatal Recommendations

- ❖ Monthly visits during first two trimesters (weeks 1-3)
- ❖ Biweekly after 36 (delivery at 38-40 weeks)
- ❖ Assessment of prenatal needs and family dynamics
- ❖ Prenatal exams
- ❖ Disclosure of medical history
- ❖ Blood pressure checks
- ❖ Height/Weight Update
- ❖ Pelvic Exam
- ❖ Doppler fetal heart rate monitoring
- ❖ Blood and urine testing
- ❖ Caregiver discussions



Prenatal Infection Prevention Awareness

Tests for Potential Infections

- Swab Culture testing
- Physical Exams
- Ultrasound
- Amniocentesis



Treatment options Available

- Prenatal checkups
- Prenatal vitamins
- Pharmaceutical interventions
 - Antivirals
 - Antifungals
 - Antibacterials

Signs & Symptoms

- Persistent vomiting and or diarrhea
- Substantial or persistent vaginal bleeding/discharge
- Nausea
- Dizziness
- Abdominal Pain
- Shortness of Breath
- Racing Heart
- Rash, hives, bumps and blisters
- Fever
- Loss of consciousness



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- **WebMD: Centers for Disease Control:**
www.cdc.gov

