

# PREGNANT OR THINKING ABOUT GETTING PREGNANT?

**Prevent to Protect:  
Prevent Infections for  
Baby's Protection.**



Some infections before and during pregnancy can increase the risk of birth defects and other health problems. Here are some helpful tips for pregnant women or women planning a pregnancy:

## GET VACCINATED



Get the flu shot and the whooping cough vaccine.



Become up-to-date with all vaccines before getting pregnant.

## PREVENT INSECT BITES



Use insect repellent.



Wear long-sleeved shirts and long pants when outside.



Consider avoiding travel to areas with Zika virus.

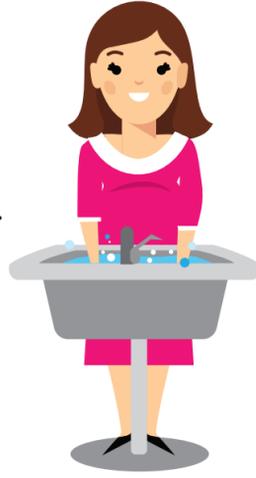
## PRACTICE GOOD HYGIENE



Wash your hands often with soap and water.



Avoid putting a young child's cup or pacifier in your mouth.



## TALK TO YOUR HEALTHCARE PROVIDER



Ask about how you can prevent infections, such as Zika virus.



Discuss how to prevent sexually transmitted infections.



For more information on preventing birth defects, please visit

<http://www.cdc.gov/ncbddd/birthdefects/prevention.html>



**U.S. Department of Health and Human Services**  
Centers for Disease Control and Prevention