



Disease	How could I get it?	What are the risks?	How to prevent/treat
Fifth Disease (Parovirus B19)	By coming into contact with saliva, nasal mucous, or droplets from when an infected person sneezes or coughs. A person is most contagious when they are experiencing flu-like symptoms (fatigue, headache, mild fever) and before the characteristic “slapped cheek” rash begins. More common in young children (therefore common in child care settings) but adults can get it too.	<u>Mom</u> : May develop flu-like symptoms and rash Miscarriage (greatest risk before 20 weeks) <u>Baby</u> : Anemia	<u>Prevent</u> : If you have or work with young children, speak to your health care provider who can order blood work to see if you are immune. If you are not immune, stay away during an outbreak. There is no vaccine. Washing your hands well with soap and water can help. <u>Treat</u> : Speak to your health care provider if you think you have been exposed to the virus.
Cytomegalovirus (CMV)	By coming into contact with body fluids (saliva, urine, stool, semen) of an infected person. Commonly spread on toys in childcare centres.	<u>Mom</u> : Often no symptoms or mild symptoms (sore throat, fatigue) <u>Baby</u> : Hearing loss and developmental delays	<u>Prevent</u> : Wash your hands well. If you have young children, kiss them on the forehead instead of the lips. Avoid sharing food, drinks, or utensils with them. Wash hands well after diaper changes. Clean toys and other surfaces well that come into contact with their saliva or urine.

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Chicken Pox (Varicella)	By breathing in droplets from an infected person or by touching their blisters.	<p><u>Mom:</u> Fever, body aches, inflammation of the lungs (pneumonia)</p> <p><u>Baby:</u> Developmental abnormalities if exposed in the first two trimesters and severe infection if exposed in the week prior to birth</p>	<p><u>Prevent:</u> Get vaccinated BEFORE you become pregnant if you are not immune.</p> <p><u>Treat:</u> Speak to your health care provider if you have been in contact with someone with the chickenpox and if you don't know if you are immune. Early pregnancy blood work will check to see if you are immune.</p>
Rubella (German Measles)	By coming into contact with droplets from when an infected person coughs or sneezes. Most contagious before and right after the rash on the person appears.	<p><u>Mom:</u> Fever, joint pain, headache, runny nose, rash.</p> <p>Miscarriage and stillbirth</p> <p><u>Baby:</u> Eye hearing, and heart problems, and congenital rubella (in which the baby is born with the disease)</p>	<p><u>Prevent:</u> Ensure that your vaccinations are up to date prior to pregnancy. Wait 1 month after receiving this vaccine to become pregnant.</p>

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Toxoplasmosis	<p>By eating meat that has not been fully cooked or by coming into contact with the feces (poop) of an infected animal such as a cat.</p> <p>By eating anything that has come into contact with cat feces such as unwashed fruits, vegetables, or food on a table that a cat has walked on.</p>	<p><u>Mom</u>: May not have symptoms or may have flu-like symptoms (headache, fatigue, sore throat)</p> <p><u>Baby</u>: Brain damage and vision loss</p>	<p><u>Prevent</u>:</p> <p>Ensure all meat is cooked to a safe internal temperature (use a cooking thermometer to be sure).</p> <p>Avoid changing a cat's litter box during pregnancy (or if you have to, wear gloves and a mask).</p> <p>Feed cats only prepackaged cat food.</p> <p>Wear gloves when gardening as cats can poop in soil.</p> <p>Wash all fruits and vegetables well with water.</p> <p>Avoid rodents.</p> <p><u>Treat</u>:</p> <p>Speak to your health care provider right away if you think you have been infected. An antibiotic may help.</p>

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Listeriosis	<p>By eating food contaminated with Listeria bacteria. This can be found in unpasteurized (raw) dairy products, raw vegetables, and uncooked meat</p>	<p><u>Mom</u>: Mild to severe flu-like symptoms</p> <p>Miscarriage, premature birth, and stillbirth</p> <p><u>Baby</u>: Serious infections of the brain and blood</p>	<p><u>Prevent</u>:</p> <p>Avoid eating unpasteurized dairy products, pates or meat spreads, and deli meats.</p> <p>Cook all meat to a safe internal cooking temperature (use a cooking thermometer to be sure!).</p> <p>Keep all meats away from other foods (in the fridge and in grocery bags).</p> <p>Promptly refrigerate leftovers.</p> <p>Wash all fruits and vegetables well.</p> <p>Wash your hands well after cooking and before eating.</p>

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<p>Sexually Transmitted Infections (STIs)</p>	<p>STIs are spread through sexual contact (the vagina, anal and oral sex, and sometimes through skin to skin contact).</p> <p>Infections such as HIV, hepatitis B and C are also spread through sharing drug equipment and tattoo and piercing equipment with blood on it.</p>	<p><u>Mom:</u> Many of the same health problems as non-pregnant women</p> <p><u>Baby:</u> Infection, birth defects, premature birth, and stillbirth</p>	<p><u>Prevent:</u> Before you become pregnant, consult with your health care provider about testing and/or vaccinations for you and your partner.</p> <p>Use condoms.</p> <p>Never share personal care products (nail clippers, toothbrushes, or razors that have blood on them).</p> <p>Ensure spas and parlours (manicures, piercings) have been inspected by Public Health and are safe.</p> <p>Never share crack pipes or equipment for injecting or snorting drugs</p> <p><u>Treat:</u> With regular pre and post-natal care the risks of spreading STIs to a baby can be reduced</p>

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Zika Virus	By being bit by an infected mosquito.	<u>Baby:</u> Can damage the nervous system and cause limb, visual, and hearing problems	<p><u>Prevent:</u> Avoid travel to an area where there is a zika outbreak. If travel cannot be avoided, take measures not be bitten by a mosquito.</p> <p>Avoid unprotected sexual contact with anyone who has visited an area where there is an outbreak.</p>
Lyme Disease	By being bit by an infected tick. To transmit the bacteria, the tick needs to be attached for 24 hours.	<p><u>Mom:</u> Can experience fever, headache, muscle aches, swollen lymph nodes, and a characteristic bull-eye skin mark.</p> <p>If left untreated, can cause a chronic nervous system disorder</p> <p><u>Baby:</u> Should be okay as long as you are treated with antibiotics.</p>	<p><u>Prevent:</u> When outside, especially in wooded or grassy areas, wear light colours, long sleeves and pants, socks, and closed footwear.</p> <p>Use DEET. It is considered safe for use during pregnancy.</p> <p>After being outdoors, check your body for ticks. Note that some ticks can be the size of a sesame seed.</p> <p>Shower when you come indoors.</p> <p><u>Treat:</u> If you find a tick, remove it right away with tweezers, not your fingers.</p>