Pregnant?

Protect yourself and your baby

Talk to your health care provider about infections that might affect you or your baby and how to prevent them

California Department of Public Health
First Prenatal Visit

- Get tested for:
  - HIV
  - Syphilis
  - Hepatitis B

Throughout Pregnancy

- Get your flu shot as soon as it is available.
- Use a condom during sex to prevent sexually transmitted diseases (STDs). Let your health care provider know if you think you might have an STD.
- If you have ever injected drugs, ask your health care provider to test you for Hepatitis C.
- Do not travel to areas where there is a Zika outbreak. If you decide to travel to areas with Zika, talk to your health care provider first, and use mosquito repellent and condoms to prevent Zika infection.
- Avoid unpasteurized dairy, undercooked meat and sprouts, smoked fish, unheated deli meat and hot dogs, and wash hands to reduce your risk of food-related illnesses.

Third Trimester

- Get a whooping cough (Tdap) shot during every pregnancy (as soon as possible between 27 and 36 weeks).
- Get retested for syphilis (between 28 and 32 weeks).
- Ask your health care provider if you should be tested for HIV again in your third trimester (before 36 weeks).

At Delivery

- Ask your health care provider if you should be tested for HIV, syphilis, or Hepatitis B at delivery.
- If you have Hepatitis B or Hepatitis C, talk to your health care provider about getting your baby tested.