

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



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.

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.

Talk with your health care provider to [learn more](#).