

# If You are Pregnant or Thinking About Getting Pregnant

Some pregnant women may be at risk of catching communicable diseases that could infect their baby before it is born or at the time of birth. Some of these infections are very common—at home, in the community, and in child care centers and schools. Some are rare. Some are spread through the air, and some by direct contact with infected body fluids, while others are sexually transmitted or require close contact for a long time. While sexually transmitted diseases (STDs) are common, they are not an occupational risk in the child care or school setting.

## Here is a list of communicable diseases to look out for during pregnancy

- Chickenpox
- Cytomegalovirus infection (CMV)
- Fifth Disease (Parvovirus B19)
- Genital Warts
- Hepatitis B
- Measles
- Mumps
- Rubella
- Sexually Transmitted Diseases (STDs)
  - Chlamydia
  - Gonorrhea
  - Herpes
  - Human immunodeficiency virus (HIV)
  - Syphilis
- Toxoplasmosis
- Certain other bacterial or viral diseases

School and child care employees and students who are pregnant or who are thinking about getting pregnant should be aware of these diseases. They can then check with their doctors before and/or after they get exposed. Blood tests may be needed to see if the woman could have been exposed to these diseases. Other women may need vaccines or specific treatment for protection from these infections.

Pregnant women should check with their doctors if they think they have been in contact with any of the diseases listed above or if they have symptoms of these diseases. Each exposed person needs to be individually evaluated. Pregnant women do not routinely need to be excluded from settings where diseases are occurring since the risk to any pregnant woman will depend on the type of disease, the way the disease is spread, and whether that woman is already immune (has had the infection in the past) to the disease.