



## Things to Avoid in Pregnancy

- ❖ **Don't smoke** - and if you do, now is a great time to quit. Quitting is hard, but you can do it! Smoking during pregnancy passes nicotine and cancer-causing drugs to your baby. Smoking also prevents your baby from getting nourishment and increases the risk of miscarriage, preterm birth and infant death. After your baby is born, don't smoke or let others smoke around him/her.
- ❖ Don't eat swordfish, king mackerel, shark, tilefish or any other fish high in mercury.
- ❖ Avoid exposure to toxic substances and chemicals such as cleaning solvents, lead and mercury, insecticides and paint fumes.
- ❖ Don't clean or change a cat's litter box. This can expose you to toxoplasmosis - an infection that can be very harmful to your baby.
- ❖ Don't use illegal or street drugs. Tell your health care provider if you are using drugs.
- ❖ Avoid contact with rodents and with their urine, dropping or nesting material. This includes household pets, such as hamsters, as well as pests. Rodents can carry a virus that can be harmful or even deadly to your unborn baby.
- ❖ Avoid unpasteurized dairy products and cheeses. They may contain harmful bacteria called listeria. Also avoid unpasteurized juices including apple cider.
- ❖ Don't eat raw or undercooked eggs, meat, poultry, fish or shellfish (including sushi or sashimi). Cook your hot dogs and luncheon meats until steaming hot.
- ❖ Don't eat refrigerated smoked seafood or meat spreads and pates.
- ❖ Wash all your fruits and vegetables and don't eat raw sprouts of any kind.
- ❖ Don't drink alcohol. There is no know safe amount of alcohol a woman can drink while pregnant.
- ❖ Tanning is never a good idea because it increases your risk of skin cancer. That doesn't change during pregnancy