

# Have a Healthy Pregnancy

*[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.*

If you're pregnant or thinking about getting pregnant, here are 10 easy ways you can help prevent infection and keep your unborn baby safe:

- Wash your hands often with soap and water;
- Avoid sharing forks, cups, and food with young children;
- Cook your meat until it's well done;
- Avoid unpasteurized milk and foods made from it;
- Don't touch or change dirty cat litter;
- Stay away from wild or pet rodents and their droppings;
- Avoid people who have an infection;
- Get tested for STDs, such as HIV and hepatitis B, and protect yourself from contracting them;
- Talk to your doctor about recommended vaccinations, and finally;
- Ask your doctor about group B strep.

For more information on having a healthy pregnancy, visit [www.cdc.gov](http://www.cdc.gov) and click on "Pregnancy" in the A-Z list.

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.*