UNIVERSAL MEASURES TO PREVENT INFECTIONS DURING PREGNANCY

CONTACT WITH ADULTS	RESPIRATORY OR FLU LIKE SYMPTOMS	• Avoid close intimate contact with adults with communicable diseases, acute or recent or flu likesymptoms ○ Kissing ○ Sharing food utensils, drinking from the same container • Wash hands frequently and if available use alcohol gel rub after shaking hands and before eating
	SEXUAL CONTACT	• Abstain from sex (oral, vaginal or anal) unless you are in a long-term, mutually monogamus relationship with an uninfected partner. • Vaginal spermicides containing nonoxynol-9 (N-9) are not effective in preventing infectious diseases. • Use male latex condom consistently and correctly. ○ Carefull handle the condom to avoid damaging. ○ Put the condom on after de penis is erect and before any genital, oral, or anal contact with your partner. ○ To prevent the condom from slipping off, hold the condom firmly against the base of the penis during withdrawal, and withdraw while the penis is still erect. ○ Do not use the condom more than once • Avoid receptive oral sex with a partner with oral herpes or intercourse during the third trimester with men who have genital herpes.
	BLOOD CONTACT	• Consider the risk if you are thinking about getting a tattoo or body piercing. • Do not shoot drugs ○ If you shoot drugs, stop and get into a treatment program; ○ If you can't stop, never share needles, syringes, ater, or "works". • Do not share personal care items that might have blood on them (razors, toothbrushes).
CONTACT WITH CHILDRE	RESPIRATORY, FLU LIKE SYMPTOMS OR SKIN RASH OR ANYTIME IF CHILD IS UNDER 3 YEARS OLD	• Carefull hand washing with soap and running water for 15 to 20 seconds; if available at home use alcohol gel rub after: ○ exposure to a child's bodily fluids and diaper changes, ○ bathing the child in the tub ○ handling dirty laundry, ○ touching the child's toys and other objects. • Protective gloves may be additional protection during diaper changes, bathing or when handling the child's dirty laundry. • Avoid close or intimate contact with child such as ○ kissing on the mouth or cheek (kiss them on the head or give them a hug) ○ sleeping together, ○ sharing towels and washcloths • Avoid contact with babies' saliva while feeding them ○ sharing or tasting foods with the same utensils (spoons, forks), ○ drinking from the same container
FOOD AND WATER	CONSUMPTION HANDLING, AND PROCESSING	• Avoid consumption of raw or undercooked lamb, pork, beef or poultry. Reheat until steaming: hot dogs, luncheon meats or deli meats. • Check for hygienic warranties and freshness in refrigerated perishable and ready-to-eat food (e.g., cold meats, hotdogs, deli meat, pâté and salads) • Do not eat unpasteurized dairy products (including all soft fresh cheeses), • Pates, meat spreads and smoked sea food may only be eaten if they are canned or shelf-stable. • Peel or wash raw fruit and vegetables thoroughly to remove contaminated soil. • Wash hands, knives, and cutting boards after handling uncooked foods or fluids from their packages. • Wash hands thoroughly after handling raw meat • Cook all meat (lamb, pork and beef) until it is no longer pink and the juices run clear • Avoid untreated (unfiltered) water.
ENVIRONMENTAL RISKS	HANDLING SOIL AND ANIMAL LITTER	• Wear gloves when gardening or working in soil. • Avoid handling cat litter but if you must do it, use gloves and wash hands immediately after. • If possible, keep cats indoors throughout pregnancy and do not feed cats uncooked meat. • Cover children's sandboxes when not in use (cats like to use them as litter boxes) • Change cat litter daily
	PROTECTION FROM INSECTS	• Always use Insecticide-treated bed nets if you live in an endemic malaria area.
LABOR RELATED RISKS	INFANT DAY CARE o HEALTH CARE	• Avoid working with children younger than 3 years of age. • If you are a health care or public safety worker, always follow routine barrier precautions and safely handle blood, needles and other sharps.

PERINATAL INFECTIONS

TRANSMITTED BY THE MOTHER TO HER INFANT

Pan American Health Organization

Regional Office of the World Health Organization

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march of dimes

VERTICAL INFECTIONS TRANSMITTED FROM THE MOTHERS TO THEIR INFANTS

						INTERVENTIONS TO REDUCE ADVERSE OUTCOMES						INTERVENTIONS TO REDUCE ADVERSE OUTCOMES		
	USUAL ROUTE OF TRANSMISSION			SYSTEMATIC MATERNAL SCREENING		PRECONCEPTIONAL OR ANTENATAL			PERINATAL	SYSTEMATIC OR SELECTIVE NEONATAL SCREENING		POSTNATAL		
Pathogen (Disease)	Intra uterine	Peri natal	Post natal	CLINICAL	LABORA-TORY	IMMUNI-ZATION	PREVENTION	TREATMENT	PREVENCION/ TRATAMIENTO	CLINICAL	LABORATORY	IMMUNI-ZATION	PREVENTION	TREATMENT
Treponema pallidum (Syphilis)	+ + (H)	—	—	Genital ulcer. Rash flu like illness, may have no symptoms	VDRL/RPR	NO	Safe sex/condoms	Penicillin G prior to 4 weeks before delivery	VDRL/RPR	Congenital syndrome	VDRL/RPR Rapid tests	NO	NO	Penicillin G
Human immunodeficiency virus (HIV)	±	+ + (H)	+	Flu like	HIV Antibody	NO	Safe sex/condoms no i/v drugs ZDV, Nevirapine, or other drugs regimens	Highly-active antiretroviral therapy (HAART)	Scheduled C/section if maternal viral load >1000 near delivery. ZDV, Nevirapine, or other regimens	NO	Antibody follow up Antigen. Nucleic acid testing for infant. NOTE: Positive antibody test in infant indicates maternal infection (not infanti infection)	NO	ZDV. Nevirapina	ZDV + other RV
Rubella virus	+ +	—	+	Rash Arthritis	IgG	MMR	Avoid contacts	NO	Post Partum MMR NO treatment	Congenital syndrome	IgM/ virus culture	NO	NO	Symptomatic treatment for s/s
Plasmodium falciparum (Malaria)	+ +	—	—	Fever in endemic areas	Microscopy in blood	NO	Insecticide treated bed nets	Quinine	NO	IUGR	NO	NO	NO	NO
Hepatitis B virus	±	+ + (H)	+ / —	NO	HBsAg	YES	Hepatitis B vaccination of persons at risk	NO	Hepatitis B vaccine for newborns within 12 hours of birth. In addition, where resources permit and maternal HBsAg testing occurs, administration of HBIG to infants.	NO	HBsAg and anti/HBs testing of infants born to HBsAg positive women	HIBG + VACCINE	Vaccine	Interferon alfa-2b, peginterferon alfa-2b, lamivudine, adefovir, dipivoxil, entecavir, and telvibudine
Trypanosoma Cruzi (Chagas disease)	+ +	—	—	NO	IgG	NO	NO	NO	NO	Congenital syndrome	Microscopy by blood	NO	NO	Nifurtimox Bensnidazole
E. Coli (Asymptomatic bacteriuria)	+ +	—	—	NO	Urine culture	NO	NO	Antibiotics	NO	NO	NO	NO	NO	NO
Group B streptococci	+ / —	+ + (G,H)	+ / —	Risk factors	Vaginal/ Rectal swab	NO	NO	NO	Penicillin or Ampicillin i/v > 4 hs. before birth	Sepsis signs	PCR/CBC blood culture, lumbar puncture	NO	NO	Ampicillin
Varicella zoster virus (Chickenpox)	+	+ + (H)	—	Typical rash	NO	YES	Avoid contacts/ IgG G if contact	Acyclovir if severe	Post partum vaccine NO treatment	Congenital syndrome	NO	Inmuno-globulin if recent at birth	Isolate mother and neonate	Acyclovir
Herpes simplex virus I or II	±	+ + (G,H)	—	Genital or oral typical lesions	NO	NO	Safe sex/condoms	Acyclovir if severe	Schedule C-section if active lesions	Neonatal Herpes	NO	NO	NO	Acyclovir
Neisseria gonorrhoeae	+	+ + (G)	—	Cervicitis Vaginal discharge	Culture	NO	Safe sex/condoms	Penicillin, Cifixime, Ceftriaxzone	NO	Ophtalmia/Pre term delivery	Culture	Credé/Topical ATB	NO	Penicillin Ceftriaxzone
Chlamydia trachomatis	+	+ + (G)	—	Cervicitis	NAAT	NO	Safe sex/condoms	Erythromycin Azithromicin	NO	Ophtalmia Pneumonia	NAAT	Topical ATB	NO	Erythromycin Azithromycin
Toxoplasma gondii	+ +	—	—	Flu like	Ig G / IgG avidity	NO	Avoid cat litter Soil	Controversial but tretatment usually given	NO	Congenital syndrome	IgG, IgM, IgA	NO	NO	Pyrimethamine + Sulfadiazine
Cytomegalovirus	+ +	+ + (G,H)	+	Flu like	NO	NO	Avoid infant saliva and urine	Ampicillin	NO	Congenital syndrome	Antigen PCR	NO	NO	Controversial
Parvovirus	+ +	—	—	Flu like, arthritis	NO	NO	NO	Fetal transfusion	NO	Fetal Hydrops	Antigen PCR	NO	NO	Blood transfusion
Hepatitis C virus	±	+ + (H)	—	NO	NO	NO	No i/v drugs	NO	NO	NO	NO	NO	NO	NO
Listeria monocytogenes	+ +	+ (G,H)	—	Diarrhea, fever	NO	NO	Avoid cold cuts/soft Cheeses	Penicillin	NO	Sepsis	Culture	NO	NO	Penicillin

++ = main route of transmission. + = recognized, but less common, route. ± = uncommon or possible, but uncertain, route (G) = genital. (H) = haematogenou