

Information for Women who are Pregnant or Planning a Pregnancy

There are about six common respiratory viruses that pregnant women may be exposed to at work and at home. In some cases, these may affect unborn children. The contagious periods of these viruses can be two to ten days, and the incubation periods can be four to twenty-three days. Symptoms may not be present during the contagious or incubation periods.

In addition to the common cold and the flu, the most common of these respiratory viruses are:

- Cytomegalovirus
- Fifth Disease (human parvovirus B19)
- Chickenpox
- Rubella (also called German measles)

Most adults already have antibodies and are immune to these viruses. However, it is our recommendation that if you are planning a pregnancy, you consult your personal physician regarding the possible effects of these viruses during pregnancy. If you are already pregnant and have not yet discussed this with your physician, we highly encourage you to do so as soon as possible.