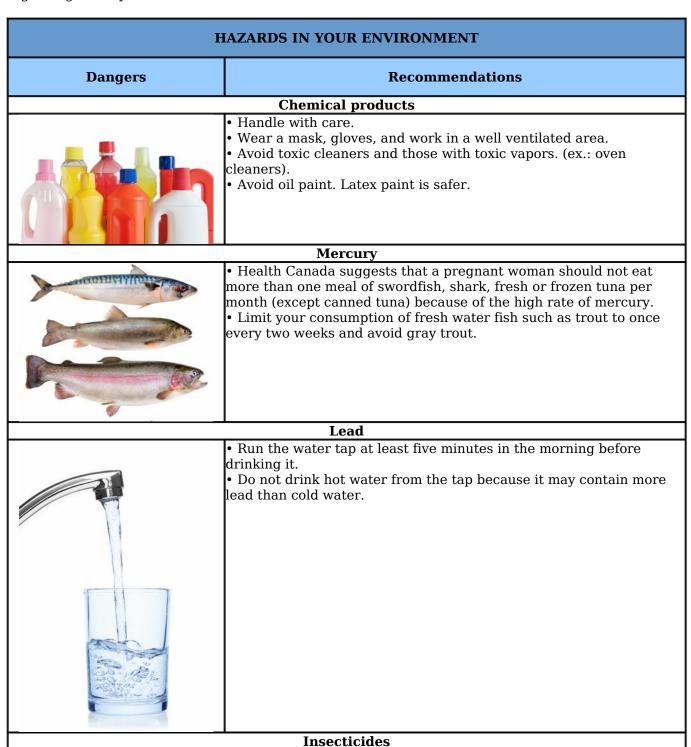
k. The Hazards in Your Environment

MODULE 1

During your pregnancy, you should be aware of potentially dangerous elements present in your environment.

The following table contains a summary of the products to watch out for and recommendations regarding these products.





There is no proof that insecticides which contain DEET can be hazardous to the baby.

• If you use insecticides containing DEET, follow instructions carefully.

Pesticides



 Avoid being exposed to pesticides and stay away from areas that have been treated with pesticides.

X-rays



- Avoid all X-rays during pregnancy including dental X-rays.
- If an X-ray is absolutely necessary during pregnancy, be sure to inform the doctor, dentist, radiology technician that you are pregnant. They will take extra precautions to protect your baby.

Domestic animals



- Certain domestic animals such as cats, turtles, and iguanas are carriers of infections that can harm your baby.
- Cats that go outside can carry as parasite that causes toxoplasmosis, an illness that can harm your baby's development.
- Avoid touching the cat's liter. If possible ask someone else to do it
- Wear gloves to work outside in your flowers and garden.
- Always wash your hands with hot water and soap after touching an animal, litter, or outside earth.