

## **i. Infection and Illness**

### **MODULE 1**

Avoiding sick people while pregnant makes sense. Stay away from people who have a cold, a cough, a sore throat, or the flu.



If you are ill during your pregnancy or have flu symptoms, consult your health care provider. Do not take any medication without first consulting your health care provider. If you have a cold or a minor illness, rest, drink a lot of liquid and use a humidifier.

If you have been exposed to a serious illness including Sexually Transmitted Infections (STI), consult your health care provider.