Food

It is important to avoid infection during pregnancy. There are some rare infections that can be caught through some foods and contact with animals. Here are some simple precautions you can take to protect you and your unborn baby.

Avoid soft cheese such as Camembert and Brie. Cheddar and other hard cheeses, cottage cheese, processed cheese and cheese spreads can be eaten safely.

Avoid eating pate and shellfish during pregnancy.

Eat eggs only if they have been cooked until both the white and yolk are solid. Avoid raw eggs or foods containing them – homemade mayonnaise, mousses etc. Commercially produced mayonnaise is safe.

Ensure that ready-cooked meals sold chilled and ready cooked chickens are reheated thoroughly before eating.

Drink milk that has been pasteurised, sterilised or ultra-heat treated (UHT)

Always wash your hands before and after preparing food
Cook meat thoroughly.
Wash vegetables and salads to remove soil and dirt.

Animals

If possible get someone else to clean out a cat's litter tray. If you have to do it, empty the tray everyday and wear rubber gloves. Wash the gloves before you remove them, and then wash your hands thoroughly too.

Avoid close contact with sheep and lambs.

Gardening

Always wear gloves for gardening.
Always wash your hands after gardening

This factsheet can be photocopied.