



Prescriptions for PREVENTION

Guidance from the Western States
Pediatric Environmental Health Specialty Unit

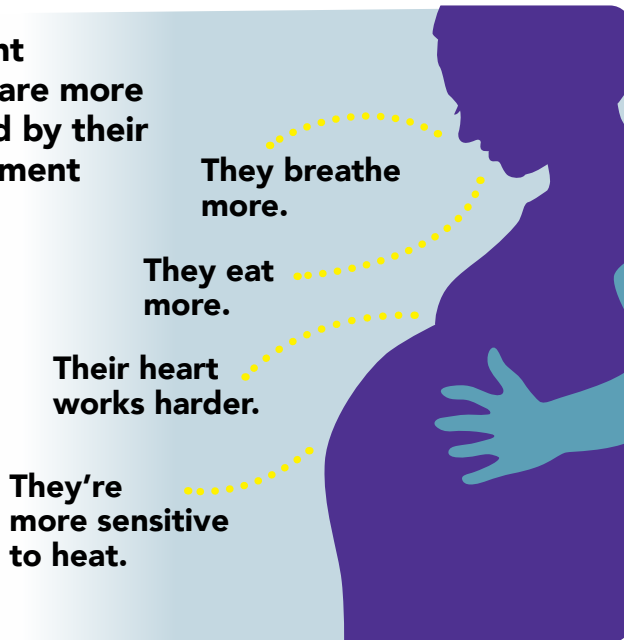


The Unique Vulnerability of Pregnant People

Did you know?

When someone is pregnant, they are more affected by their environment. Pregnancy brings changes in the body, like different hormones, the need for more food and air, and changes in how the heart works. These changes can make pregnant people more affected by things like air pollution and extreme heat. Pregnancy can also increase the risk of conditions like high blood pressure. Pregnant people are also more vulnerable to heat exhaustion and heat stroke.

Pregnant people are more affected by their environment



Multiple environmental factors can influence reproductive health:

- ▶ **Toxicants including: pesticides, endocrine disruptors, metals, air pollution, solvents;**
- ▶ **Radiation;**
- ▶ **Stress;**
- ▶ **Nutrition;**
- ▶ **Climate change;**
- ▶ **Infectious agents such as:**
 - **Viruses: CMV, varicella, herpes;**
 - **Bacteria: syphilis, listeria;**
 - **Parasites: toxoplasmosis, Zika, rubella.**



Take Action

RESOURCES:

Pay special attention to these things that you are more vulnerable to while pregnant:

- ✓ [Indoor air](#)
- ✓ [Outdoor air](#)
- ✓ [Heat stress](#)

- ✓ [Climate change](#)
- ✓ [Natural disasters](#)



For details on specific exposures and health risks, check out all the [Prescriptions for Prevention](#), in English and Spanish!