



Prescriptions for PREVENTION

Guidance from the Western States
Pediatric Environmental Health Specialty Unit

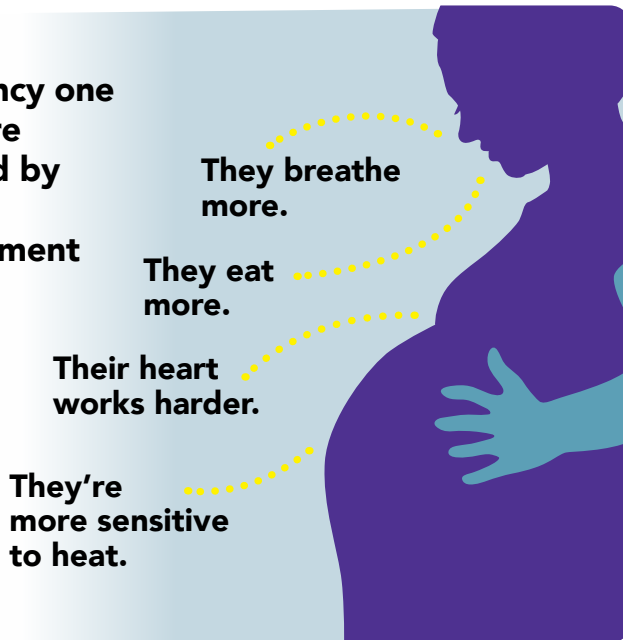


The Unique Vulnerability During Pregnancy

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. Those who are pregnant are more affected by things like air pollution and extreme heat. Pregnancy can also increase the risk of conditions like high blood pressure. During pregnancy, one is also more vulnerable to heat exhaustion and heat stroke.

During pregnancy one are more affected by one's environment



Multiple environmental factors can influence reproductive health:

- ▶ **Toxicants including:** pesticides, endocrine disruptors, metals, air pollution, solvents;
- ▶ **Radiation;**
- ▶ **Stress;**
- ▶ **Nutrition;**
- ▶ **Extreme weather;**
- ▶ **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](#)

- ✓ [Extreme weather](#)
- ✓ [Natural disasters](#)



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