

SEXUALLY TRANSMITTED INFECTIONS AND PREGNANCY



INFECTIONS AND PREGNANCY

As many parents-to-be know, lots of things that can affect a mom during pregnancy can also affect the baby. Infections, from anything as simple as the common cold, to more complicated infections can be passed on to baby. Sexually transmitted infections are a group of infections that can have life-long implications on the baby.

HIV

HIV can be passed to baby. On the plus side, most HIV treatment is safe for baby and both mom and baby can undergo treatment.

HEP C

20% of moms with Hep C will pass it to their baby. There is no way to prevent it, so treatment should occur after birth.

SYPHILIS, CHLAMYDIA AND GONORRHEA

All three bacteria can be passed from mom to baby but antibiotic treatment can be done to protect both. Treatment done earlier will improve the health of the baby.

HERPES

Herpes is surprisingly dangerous to babies. The real danger comes if mom starts to show symptoms close to birth. Sometimes antiviral medication will be given for the last few months as a precaution.

Preventing Infection – For Mom and Partner



Wear a Condom

Condoms and other latex barriers like dental dams are the best way to prevent sexually transmitted HIV.

Get Tested

Mom should get tested to make sure there's nothing that could get passed to baby. Any partners she should have while pregnant should be tested as well.



Avoid Drugs

Moms should avoid drugs due to the effects they have on babies, but partners should also try to abstain for support and to make sure they don't acquire and infections.

Avoid Piercings and Tattoos

Tattoos/piercings, especially non-professional ones, pose a risk for getting HIV and Hep C. Mom and partners should avoid this while mom is pregnant.



Treatment

Antibiotics (for bacterial infections) and many antivirals (for viruses) are safe to take while pregnant. Partners can get treated to avoid passing infections to mom.

Protective Pills

Pre-Exposure prophylaxis (PrEP) pills can be used by partners of people with HIV infection to prevent transmission.

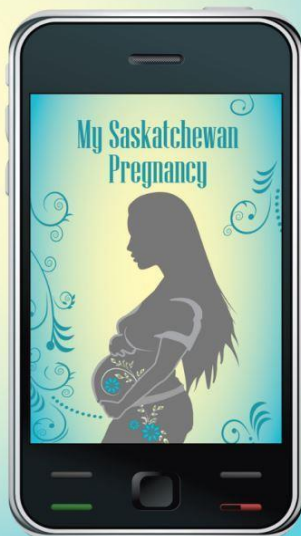


Pregnant and living in Saskatchewan?

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LEARN MORE

www.skprevention.ca/my-saskatchewan-pregnancy/



Congratulations! You will soon be a mom. Like any parent-to-be, you want the best for your baby and want to have the healthiest pregnancy possible. The following are some important medical tests that your healthcare provider may suggest while you are pregnant. These tests check the health of you and your baby and may include the following screening tests:

- **complete blood count**
- **rubella**
- **Rh factor**
- **blood glucose screening**
- **sexually transmitted infections (STIs)**

For more **information**, visit:

<https://skprevention.ca/your-pregnancy-month-by-month/>

To order free maternal and infant health resources from the

Saskatchewan Prevention Institute, please visit:

<https://skprevention.ca/resource-catalogue/>

For questions or to access free shipping, please reach out to

Temí Akintilebo at takintilebo@skprevention.ca.

CAN IT BE PASSED TO BABY THROUGH...

PREGNANCY

HIV	Yes
Hep C	Yes
Syphilis	Yes
Chlamydia/ Gonorrhea	No
Herpes	It's possible

CHILDBIRTH

HIV	Yes
Hep C	Yes
Syphilis	It's possible
Chlamydia/ Gonorrhea	Yes
Herpes	Yes

BREASTFEEDING

HIV	Yes
Hep C	It's possible
Syphilis	It's possible
Chlamydia/ Gonorrhea	No
Herpes	It's possible

CONSIDERATIONS FOR MOM

Birth Plan



Scheduled C-Sections may be a good option for moms showing symptoms or who have a chronic blood-borne infection.

Symptoms



Watch for symptoms in or around the vagina or on the nipples – symptoms in these places may affect your baby.

Treatments



Many treatments that will prevent transmission to baby are safe for mom to take while pregnant- a Dr can tell you what you should take.

Feeding



While breastfeeding is the best option, herpes or syphilis may appear on the nipples or cracked/dry nipples may pass Hep C. In these cases, formula may be safer for baby.

NEW YEARS LOGIC PUZZLE

Use the clues below to solve the puzzle! Place ✓ in the box on the grid where you know two things that are true intersect and an ✗ in the box where you know two things are untrue. Answers are on the following page.

THE PUZZLE

Alex fell asleep 4 different times before midnight on New Years Eve., each time in a different place and was woken up by a different family member each time. Figure out where Alex fell asleep, who woke them up and at what time.

CLUES

- Alex's Mom woke him up at either 8 or 11.
- Alex was on the bed when his auntie woke him up.
- Between Alex's mom and brother, one woke him up at 11 and the other woke him up at 9.
- Alex fell asleep on the bed first and fell asleep on the floor right after.
- Of the people who woke Alex up, one was his auntie, one was his brother, one woke him up from the bathtub and the other woke him up at 10.

OUTSIDE ACTIVITIES FOR WINTER FUN!

		Family Member				Place			
		Auntie	Cousin	Brother	Mom	Bed	Couch	Floor	Bathtub
Time	8:00 pm								
	9:00 pm								
	10:00 pm								
	11:00 pm								
Place	Bed					<div>HINT</div> <p>When you know one pair of things are true, all the others in that category must be false</p>			
	Couch								
	Floor								
	Bathtub								

Time	Family Member	Place
8:00 pm		
9:00 pm		
10:00 pm		
11:00 pm		

Activities that require little to no equipment (make sure you're wearing a jacket, mitts and toque at least!)

Skating



Sledding



Snow Forts



Snow Maze



ICE FISHING GAME

STEP 1: MAKE THE FISHING HOLE

Materials: while there are many things you can use, we suggest a large cardboard box, scissors and paint.



Cut a hole in the cardboard box. You can also paint the cardboard box if you want. Your fish will go in the box once you've made them.

STEP 2: MAKE THE FISH

Materials: paper clips, scissors, and either paper or pipe cleaners.



Cut fish shapes out of paper (you can give them fins and faces!) or bend a pipe cleaner into the shape of a fish. You can get creative with your fish- just be sure to attach a paper clip at the end of each one. Make sure that the fish will fit through the hole in the box.

STEP 3: MAKE THE ROD

Materials: magnet, yarn (or string), some sort of stick (wood, dowel, plastic wand, etc)



Tie one end of the yarn around the stick and the other around a magnet. If you can't tie the yarn around the magnet, try taping or using hot glue to attach the magnet to the yarn.

PLAYING THE GAME

- 1 Assign each fish a point value by writing with marker on the fish or decided that each colour of fish is worth a certain amount.
- 2 Put all the fish in the cardboard box (or bowl or hamper or plastic pool or bathtub- whatever you decide to use to contain the fish).
- 3 Take turns using the magnet on the fishing rod to pick up the fish by the paper clips at the end.
- 4 Once all the fish are caught, add up the points to see who won!

ADD A TWIST

Create another object/animal to fish for like boots, worms, eels, octopus, turtles etc. Assign this object/animal a MINUS point value that you subtract from your score. In other words, you want to avoid catching this object/animal.

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NEW YEARS PUZZLE ANSWER

		Family Member				Place			
		Auntie	Cousin	Brother	Mom	Bed	Couch	Floor	Bathtub
Time	8:00 pm	✓	✗	✗	✗	✓	✗	✗	✗
	9:00 pm	✗	✗	✓	✗	✗	✗	✓	✗
	10:00 pm	✗	✓	✗	✗	✗	✓	✗	✗
	11:00 pm	✗	✗	✗	✓	✗	✗	✗	✓
Place	Bed	✓	✗	✗	✗				
	Couch	✗	✓	✗	✗				
	Floor	✗	✗	✓	✗				
	Bathtub	✗	✗	✗	✓				

Time	Family Member	Place
8:00 pm	Auntie	Bed
9:00 pm	Brother	Floor
10:00 pm	Cousin	Couch
11:00 pm	Mom	Bathtub