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<b>What to Avoid</b>	<p>Alcohol • Smoking, Nicotine, and Vaping • Marijuana Raw and Undercooked Fish • Raw and Undercooked Meat Unwashed Vegetables and Fruit • Unpasteurized Dairy Products Fast Food</p> <p>Foods being recalled for possible Listeria contamination <i>Note:</i> Unheated deli meats could also potentially increase the risk of Listeria, but the risk is uncertain.</p>	
	Hot Tubs	Avoid in first trimester
	Cat Litter and Soil	Do not change cat litter; when gardening, wear gloves

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<b>What to Limit</b>	Artificial Sweeteners	Low (typical) consumption is likely safe
	Caffeine	No more than 200 milligrams a day A typical 8-ounce cup of brewed coffee = 130 mg of caffeine. An 8-ounce cup of tea or 12-ounce soda = 50 mg of caffeine. Exact amounts vary based on the specific beverage or food.

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<b>What is Allowed</b>	Fish Consumption	Two to three servings per week of fish with a high DHA (a type of omega-3 fat) and low mercury content
	Exercise	Exercise regularly; swimming allowed
	Oral Health	Continue as scheduled
	Hair Dyes	Data is limited, but presumed safe
	Insect Repellants	Including DEET
	Travel	Wear lap and shoulder seatbelts Air travel is safe; balance risk with the benefit of the trip; be familiar with infection exposures and available medical care at each destination
	Sexual Intercourse	No restrictions unless there is bleeding, placenta previa after 20-week mark or ruptured membranes
	Vaccinations	Get Tdap vaccine (tetanus, diphtheria, and pertussis) during third trimester and flu vaccine when available Get COVID 19 vaccination