



SUMMER PREGNANCY TIPS

Insect Bites

Insects, such as mosquitos and ticks, can cause infections through insect bites.

Tips to prevent insect bites:

- Wear loose, light-coloured, long-sleeved tops, long pants, closed-toe shoes and a hat
- Tuck in your shirt and tuck your pants into your socks or shoes
- Use a Health Canada approved (will have a P.C.P number) insect repellent that contains less than 30% DEET
 - The available information on the use of DEET in pregnancy has not found harmful effects to the pregnancy or the baby
 - Do not spray in closed spaces
 - Apply to clothing and exposed skin (not under clothing)
 - For your face, spray your hands and apply to the face, avoiding contact with mouth and eyes
 - Wash hands thoroughly after application
 - Follow the directions on the product for the number of applications per day



Sunscreen

Sunscreens provide protection from the damaging effects of the sun's rays (radiation). Sunscreens contain chemical UV filters, physical/mineral UV filters or a combination of the two.

- Some prefer the use of mineral sunscreens (e.g. zinc oxide, titanium dioxide) during pregnancy and while nursing, as they do not get into the bloodstream
- Use a Health Canada approved (will have a NPN or DIN number) broad spectrum (UVA and UVB) sunscreen with an SPF of 30 or higher
- Apply sunscreen 15 minutes before sun exposure
- Reapply sunscreen every 2 hours
- Other sun safety tips:
 - Wear protective clothing
 - Stay in shaded areas such as under a tree or umbrella



Extreme Heat

Prolonged exposure to extreme heat may pose a risk to the pregnancy and the baby.

- Limit time spent outside during the hottest times of the day
- Wear light, loose-fitting, breathable clothing
- Stay in air-conditioned spaces e.g. public libraries, community centres, malls, cooling centres
- During the day, close windows to trap cool air inside and cover them (with shutters, blinds, drapes, sheets) to keep the sun out
- Sleep in the coolest room in your home (if your bedroom is hot)
- Limit use of ovens and stoves to reduce heat in your home
- Keep hydrated by drinking fluids regularly throughout the day
 - Limit drinks high in sugars, sodium and caffeine as these may lead to dehydration
 - Drinking water is usually best, but drinks containing electrolytes may be needed if sweating for many hours
 - Those with nausea and vomiting of pregnancy need to be extra careful to avoid dehydration

Visit firstexposure.ca/common-summer-exposures-during-pregnancy or scan the QR code for more details.



If you are feeling unwell due to heat exposure, seek medical attention. In case of emergency, please go to the emergency room or call 911.

CONNECT WITH US



1st_exposure



First Exposure



info@firstexposure.ca



1st_exposure