

Travel During Pregnancy

No matter how you choose to travel, think ahead about your comfort and safety.

BEFORE YOUR TRIP

- Have a prenatal check-up 4 to 6 weeks before you leave
- Ask about health precautions like destination-specific vaccines and medicines
- Find the closest hospital or medical clinic in the place you are visiting
- Pack a copy of your health records and health insurance, your medications, and a travel health kit

DURING YOUR TRIP

- Always wear your seatbelt on flights and drives
- Take breaks to move around and stretch your legs
- Drink lots of fluids without caffeine
- Dress comfortably and wear compression socks if recommended by your health care provider

AT YOUR DESTINATION

- Practice food and drink safety
- Wash your hands often and consider wearing a face mask in crowded areas
- Dress in layers to avoid becoming too hot or too cold

PREVENTING MOSQUITO-BORNE DISEASES



- Illnesses carried by mosquitoes can be dangerous for you and your pregnancy. Before traveling, check <https://wwwnc.cdc.gov/travel/notices> to learn about outbreaks at your destination.
- If you can't avoid or delay travel to these locations, talk with your health care professional.
- Wear long sleeves and pants and use EPA-registered insect repellents.

