



## Frequently Asked Pregnancy Related Questions

Can I dye my hair while I am pregnant?

- According to manufacturers of hair dye, it is not harmful to the baby to dye your hair during pregnancy. However, due to hormonal changes during pregnancy, your hair may not respond the way you would like when you dye it.

Can I paint while I am pregnant?

- Yes. Make sure that the room in which you are painting is well ventilated. Dr. Mulder recommends using exhaust fans to help increase air flow. Caution: If you are working in a home that was built before 1970, be cautious since lead-based paints were used during this period. Sanding or scraping lead based paint can release lead into the air. Lead poisoning can cause severe developmental problems in unborn babies. If you think your home might contain lead, contact an environmental home assessor to help determine the amount of lead and what you can do about it.

Can I change the litter box while I am pregnant?

- No. Cats may be infected with toxoplasmosis, which is often found in their feces.

Is it ok for me to visit someone with the flu while I am pregnant?

- While the flu shot provides protection, it is not perfect and is described as "reducing the severity of symptoms and duration" if a patient gets the flu anyway. Hand washing is excellent advice, but additionally, you should keep a 6 foot distance from someone coughing. During pregnancy, your immune system is suppressed and you are much more susceptible to infection. H1N1 has been shown to kill normal healthy pregnant women. So unless you are going to wear an N95 respirator mask (the kind that forms the tight seal on the face) you should not be in close proximity to someone with known flu. The bottom line is that pregnant patients should not be around a person with known flu, even if the person is recovering.