

Travel

Travel is usually safe until 34 weeks. Long plane or car rides can put you at an increased risk for blood clots in your legs or lungs. We suggest that you drink water frequently, walk around the plane when safe or stop to walk every two hours on long car rides. Check with your OB provider for questions specific to your situation.

There is a tremendous amount of research and study being done to help identify the risk of the Zika virus and also to prevent its occurrence. At this time, we know the Zika virus can be passed from a pregnant woman to her fetus and that it can cause infection during pregnancy that can cause certain birth defects. Until we have a clearer picture, it is best to avoid high-risk locations if you are pregnant and to apply CDC-recommended advice to avoid bug bites. Consult with your doctor or nurse-midwife with any questions.