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## Infections and viruses

### Chicken pox

Chicken pox is caused by the varicella zoster virus. Chicken pox is highly infectious and can be dangerous to your baby. If you had chicken pox as a child, it is likely that you are immune; you do not need to worry. If you are unsure whether you have had chicken pox before, you may be offered a blood test to confirm your immunity. If you think you may have come into contact with someone with chicken pox and you know that you are not immune, please phone your GP or midwife for advice. Do not attend the maternity unit for advice unless advised to by your midwife/doctor.

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#### For more information visit:

- **NHS Choices**  
[www.nhs.uk/conditions/chickenpox/](http://www.nhs.uk/conditions/chickenpox/)

### Sexually transmitted infections (STIs)

STIs such as chlamydia, herpes and gonorrhoea are becoming increasingly common and when left untreated in pregnancy can be dangerous to your baby. If you are concerned that you or your partner may have been exposed to STIs please attend your local sexual health service clinic for full sexual health screening.

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#### For more information visit:

- **NHS Choices**  
[www.nhs.uk/Livewell/STIs/Pages/STIs-hub.aspx](http://www.nhs.uk/Livewell/STIs/Pages/STIs-hub.aspx)

### Parvovirus B19 (slapped cheek syndrome)

Parvovirus is very infectious and usually affects children. The main symptom is a red blotchy rash on the face. It can also be accompanied by mild fever, headache and sore throat. If you contract parvovirus in pregnancy it can be harmful to your baby. Please speak to your GP or Midwife if you think you may have been in contact with parvovirus.

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#### For more information visit:

- **NHS Choices**  
[www.nhs.uk/conditions/slapped-cheek-syndrome/](http://www.nhs.uk/conditions/slapped-cheek-syndrome/)