



# Reduce the risk of getting toxoplasmosis while pregnant

Toxoplasmosis is caused by the parasite *Toxoplasma gondii*.

The most common way to get it is by:

- swallowing something contaminated with the poo of infected cats
- swallowing or handling the undercooked or raw products or meat of infected animals or birds
- a newly infected mother passing it to her unborn baby
- handling an infected lambing ewe, the afterbirth or her newborn lamb

Sometimes it causes flu-like symptoms. However, it often causes no symptoms so you may not know you've had it. Infection during pregnancy can be dangerous.

It is important to take these simple and sensible precautions to reduce the risk of getting toxoplasmosis:



\* Unpasteurised milk from goats, cows and sheep can carry bacteria and parasites that cause sickness.



\*\* If possible, ask someone else to change the cat litter. But if you have to do it, wear disposable gloves and wash your hands carefully afterwards.

