

Cats & People Pregnancy



Do I have to give up my cat if I'm pregnant or planning on becoming pregnant?

No. You should follow these helpful tips to reduce your risk of environmental exposure to *Toxoplasma*:

- Avoid changing cat litter if possible. If no one else can perform the task, wear disposable gloves and wash your hands with soap and water afterwards.
- Ensure that the cat litter box is changed daily. The *Toxoplasma* parasite does not become infectious until 1 to 5 days after it is shed in a cat's feces.
- Feed your cat commercial dry or canned food, not raw or undercooked meats.
- Keep cats indoors.
- Avoid stray cats, especially kittens. Do not get a new cat while you are pregnant.
- Keep outdoor sandboxes covered.

Wear gloves when gardening and during contact with soil or sand because it might be contaminated with cat feces that contain *Toxoplasma*. Wash hands with soap and water after gardening or contact with soil or sand.

What Can I do to protect myself or my unborn child against toxoplasmosis?

Cat owners and women who are exposed to cats should follow these tips to reduce exposure to *Toxoplasma*.

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