

## **ACTIVITIES GENERALLY CONSIDERED SAFE DURING PREGNANCY**

- Color your hair (after the first trimester)
- Paint with an open window
- Exercise- Ask your obstetrician for your personal guidelines. Walking is recommended in all patients with no current obstetrical complication.
- Lifting up to 50lbs
- Sexual intercourse. Intercourse is not recommended for patients who are on bedrest for preterm labor and those with placenta previa.
- Flying until 35 weeks of pregnancy
- Traveling more than 2 hours away until 35 weeks of pregnancy. It is important to be aware of any unusual swelling of the leg as a possible sign of a blood clot. Please take a break to walk during your car ride or walk in the aisle on the airplane when it is safe to do so.
- TB test
- Flu shot. This year, we also recommend the HINI flu shot for all our pregnant patients and close contacts, including children over 6 months of age.
- Manicure/Pedicure