

# Safety Measures For

## Cold Sores During

## And After Pregnancy



### Preventing cold sores during pregnancy



Wash your hands before touching your eyes, lips, and intimate area

Avoid kissing or oral sex if your partner is at risk of developing cold sores



Do not share personal items with anyone, including towels, dishes, or lipsticks

Protect your lips with an SPF-based lip balm to avoid sun-exposed triggers



### Protecting your baby after delivery



Cover your sores when around your newborn

Avoid kissing your baby



Avoid touching your sores. If you do, wash your hands thoroughly

If you develop sores on your breasts, speak to your doctor about feeding expressed milk to your baby



### References

1. Cold Sores in Pregnancy and Breastfeeding; NSW Government
2. Cold Sores; Cleveland Clinic
3. Cold sores in pregnancy; Pregnancy, Birth & Baby