



Why should pregnant women avoid sheep during the lambing season?

What are the risks for pregnant women?

Infections that can affect female sheep (ewes) and which could be passed to pregnant women include:

- chlamydiosis
- toxoplasmosis
- listeriosis
- Q fever

The risks are low

Although the risks are low, pregnant women should still avoid close contact with sheep during lambing.

Advice for pregnant women

To avoid the risk of infection, if you're pregnant or think you might be pregnant:

- do not help deliver lambs (or calves or kids)
- do not milk ewes
- avoid contact with aborted (miscarried) or newborn lambs, and with the afterbirth, birthing fluids or contaminated materials, such as bedding
- ensure your partner washes thoroughly after contact with ewes that are lambing
- clothing worn during lambing should be washed separately from other washing

When to get medical advice

Seek medical advice if you're pregnant and:

- you have a high temperature or flu-like symptoms
- you think you may have got an infection from a farm environment