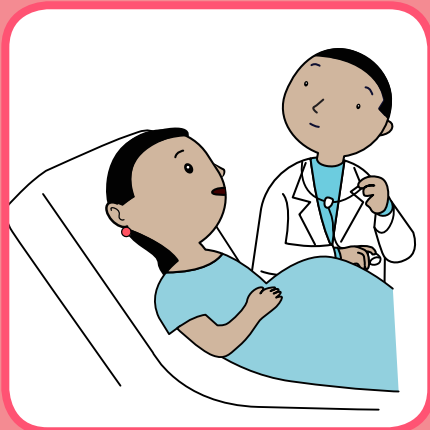


What should I do for departure?



Fit to Fly

Name: _____

Age: _____

ID#: _____

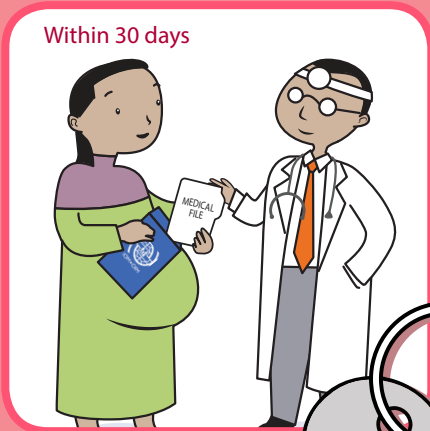
#of weeks pregnant: _____

Before departure, you will have a doctor's exam. Please tell your doctor if you've had any bleeding or pain lately or have had health issues with a previous pregnancy. The doctor may recommend an ultrasound scan to determine how many weeks pregnant you are.

If you are traveling and your pregnancy is healthy, the doctor will give you a "Fit to Fly" certificate to show to airport staff.

See a doctor within 30 days of arriving in the US, for both you and your baby

Within 30 days

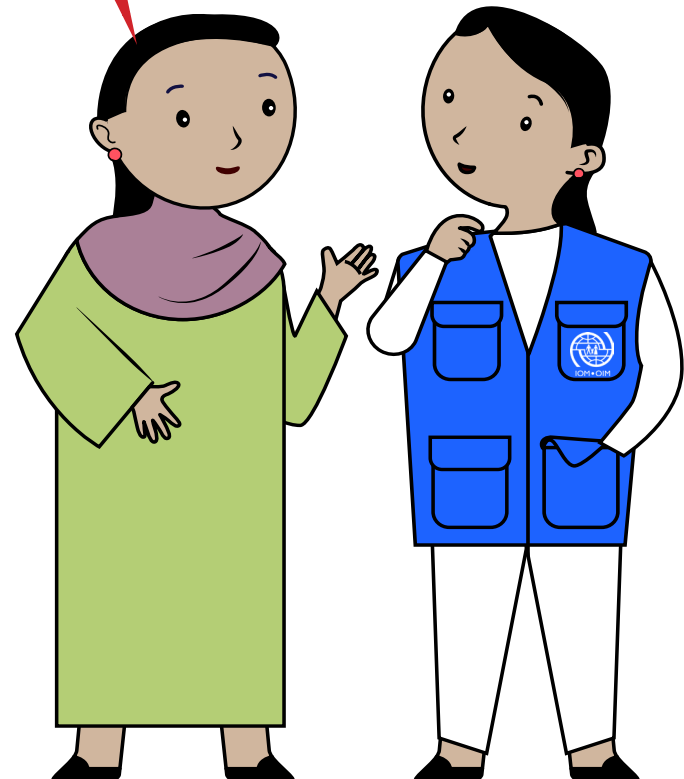


Informing about your pregnancy is your and your unborn baby's
Key to the USA.



Are you Pregnant?

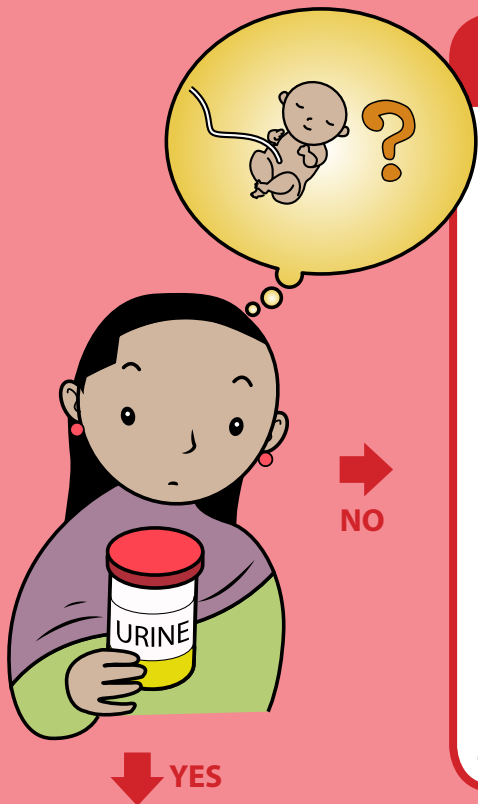
Inform IOM Health Staff



**The more we know
the more we can help you**



What about pregnancy and vaccination?



What about pregnancy after vaccines?

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

wait 30 days after vaccination



It is best to wait to try to become pregnant at least 30 days after receiving any live vaccines, such as Measles-Mumps-Rubella (MMR), Chickenpox, Live Flu Virus, Yellow Fever, and Oral Polio Vaccine (OPV).

Certain vaccines are safe during pregnancy



These vaccines are safe to get if you are pregnant:

- Hepatitis A
- Hepatitis B
- Meningococcal
- Pneumococcal
- Tetanus Diphtheria (Td)
- Inactivated poliovirus vaccine (IPV)

Pregnant women are eligible for resettlement to the US

How safe are X-rays for pregnant women?



Getting X-rays while pregnant – with double protection shields – is safe for both the pregnant woman and unborn baby.

Regularly access medical care for pregnancy

Bring all medical records to all medical appointments.



Being pregnant will not prevent you from resettlement to the US. Most pregnant women can travel safely.

If you are close to giving birth or close to your due date the doctor will recommend delaying your travel date. You may need to travel after the baby is born and you are both cleared to travel. If you are pregnant, you can discuss your pregnancy and travel plans with your IOM doctor.

