

Please enable JavaScript in order to get the best experience when using this site.

- [Site Navigation](#)
- [Page Content](#)

[Menu](#)

State Government Victoria [Better Health Channel Logo](#)

[Caret](#)



•

## [Health.vic](#)

[Victoria's hub for health services and business](#)



•

## [DHHS](#)

[A gateway to the strategies, policies, programs and services delivered by the Department of Health & Human Services.](#)



•

## [Seniors Online](#)

[Victorian government portal for older people, with information about government and community services and programs.](#)

[Show search toolbar](#)

[Contrast](#) [Sign Up](#) [Login](#)




Search

Type a minimum of three characters then press UP or DOWN on the keyboard to navigate the autocompleted search results

## Navigation

[Home](#) [Close Menu](#)

- - [Conversation-Going-travelling](#)
- [Conditions and treatments](#)
  - [Conditions and treatments](#)
    - [Allergies](#)
      - [Allergies](#)
        - [Allergic reaction to packaged food](#)
    - [Anxiety](#)
    - [Arthritis](#)
    - [Asthma](#)
    - [Behavioural conditions](#)
    - [Birth defects](#)
    - [Blood and blood vessels](#)
    - [Bones muscles and joints](#)
      - [Bones muscles and joints](#)
        - [Foot care - podiatrists](#)
    - [Brain and nerves](#)
    - [Cancer](#)
    - [Complementary and alternative care](#)
    - [Dementia](#)
  - [Healthy living](#)
    - [Healthy living](#)
      - [Alcohol](#)
      - [Babies and toddlers \(0-3\)](#)
      - [Children \(4-12\)](#)
      - [Drugs and addictive behaviours](#)

- [Environmental health](#)
- [Family Violence](#)
- [Older people in hospital – Get well soon](#)
- [Health checks](#)
- [Healthy Eating](#)
  - [Nutrition for life](#)
- [Healthy mind](#)
- [Healthy pregnancy](#)
- [Immunisation](#)
- [Services and support](#)
  - [Services and support](#)
  - [Aged care services](#)
  - [Alcohol and drug services](#)
  - [LGBTI support](#)
  - [Carers, caring and respite care services](#)
  - [Child, family and relationship services](#)
  - [Disability services](#)
  - [Emergency, crisis and support services](#)
  - [End of life and palliative care services](#)
  - [Hospitals, surgery and procedures](#)
  - [Mental health services](#)
  - [Planning and coordinating healthcare](#)
  - [Pregnancy and birth services](#)
- [A-Z](#)
  - [A-Z](#)
  - [Conditions and treatments](#)
  - [Healthy living](#)
  - [Services and support](#)
  - [Videos](#)
  - [Service profiles](#)
- [Blog](#)
  - [Blog](#)
  - [Blog authors](#)
  - [Topics](#)
- [Podcast](#)
  - [Podcast](#)
  - [Influenza - Dr Brett Sutton & Prof Kanta Subbarao](#)
  - [Trauma - Anne Leadbeater OAM & Dr Rob Gordon](#)
  - [template](#)
- [Other sites](#)
  -  [Health.vic](#)  [DHHS](#)  [Seniors Online](#)
- [Sitemap](#)
- [My Health Life](#)
- [Facebook](#)
- [Googleplus](#)
- [Twitter](#)
- [Youtube](#)
- [Rss](#)
- [Conditions and treatments](#)
- [Healthy living](#)
- [Services and support](#)
- [A-Z](#)
- [Blog](#)
- [Podcast](#)



[Back to Healthy pregnancy](#)

- [Home](#)
- [Healthy living](#)
- [Healthy pregnancy](#)
- [Pregnancy and travel](#)

## Pregnancy and travel

- [Share \(show more\)](#)
- [Download PDF](#)
- [Listen \(show more\)](#)
- [Listen](#)
- [More \(show more\)](#)
  - [Email](#)
  - [Print](#)

Tags:

- [Travel and holidays](#)
- [Immunisation](#)
- [Travel and holidays - Travel and holiday basics](#)
- [Immunisation - Travel and immunisation](#)
- [Healthy pregnancy](#)
- [Healthy pregnancy - Keeping healthy during pregnancy](#)
- [Travel and holidays - Health conditions and travel](#)
- [Travel and holidays - Life](#)

## Summary

- If you are pregnant, the safest time for you to travel is during the second trimester, provided you aren't experiencing any complications.
- If you are pregnant and considering travel, you must consult with your doctor, especially if your pregnancy is high risk.
- Avoid travelling to developing nations during pregnancy.
- Be wary of taking medications of any kind, including those commonly used to treat traveller's diarrhoea.

If you are pregnant, the safest time for you to travel, generally speaking, is during the second trimester, provided you aren't experiencing any complications. If you are pregnant and considering travel, you must consult with your doctor, especially if your pregnancy is high risk. Consider the standard of medical care at your chosen destination, just in case you need help.

Some countries have reciprocal healthcare arrangements with Australia – check with Medicare. Travelling to developing nations is not encouraged during pregnancy for various reasons, including the risk of disease and the lower standard of medical facilities compared to Australia.

## High-risk pregnancies and travel

Pregnant women experiencing complications are advised not to travel. Some complications include:

- cervical problems, such as 'incompetent cervix'
- vaginal bleeding
- multiple pregnancy
- gestational diabetes, past or present
- high blood pressure, past or present
- pre-eclampsia (a toxic condition sometimes occurring in pregnancy), past or present
- abnormalities of the placenta, past or present
- prior miscarriage
- prior ectopic pregnancy (a pregnancy that develops outside the womb)
- prior premature labour.

If you are aged 35 years or over and pregnant for the first time, you are also advised not to travel.

## Travel immunisation warnings for pregnant women

Travellers to most developing nations need to be immunised against diseases such as typhoid. Most vaccines are either dangerous to unborn babies or haven't been adequately tested for safety on pregnant women.

The important exception to this is the influenza vaccine, which can be safely given during pregnancy. It is strongly recommended for all pregnant women, as influenza in pregnancy can be a very serious illness. Generally, all live virus vaccines (such as mumps and measles) should be avoided during pregnancy.

Some vaccines, such as for yellow fever, may cautiously be given after the first trimester. Be advised by your doctor. It is recommended that pregnant women delay any travel to developing nations until after their babies are born.

## Travel and the risk of malaria during pregnancy

Malaria is an infection carried by particular species of mosquito. A pregnant woman who catches malaria risks miscarriage, premature labour and stillbirth. Some antimalarial drugs (such as chloroquine) are considered safe to take during pregnancy, but others (such as doxycycline) are potentially harmful to the unborn baby. It is recommended that pregnant women avoid travelling to areas where malaria is present.

## Risks of long-distance travel during pregnancy

Long periods of not moving during car, bus, rail and air travel increases the risk of clots forming in the deep veins of the leg, known as deep vein thrombosis (DVT). These clots can circulate and lodge in parts of the body such as the lungs.

The risk of DVT is increased in pregnancy if:

- you had a DVT in the past

- you weigh more than 100 kg
- you have a multiple pregnancy
- a family member has had a DVT.

One in 1,000 pregnant women will develop DVT. Research indicates the risk of DVT can increase by two or three times in a long-distance flight.

There is no research-based advice on travel for pregnant women. However, if you choose to travel long distances, you should:

- Do frequent leg exercises.
- Walk regularly (in the case of air travel, walk around the aircraft cabin if the flight is smooth).
- Avoid dehydration by drinking plenty of water.
- Minimise alcohol and caffeine intake.

If you have an increased risk of DVT, you are advised to:

- Discuss travel plans with your doctor.
- Wear well-fitting elastic below-knee compression stockings during the journey.
- Receive heparin injections before and after any journey longer than four hours.

## Air travel and pregnancy

Before you decide to travel by plane:

- Discuss any potential risks particular to your pregnancy with your doctor. For example, a woman with gestational diabetes or a multiple pregnancy is generally advised not to fly.
- Be aware that air travel in the last six weeks of pregnancy could trigger premature labour.
- **Check with the airline** – some airlines won't allow a woman over 35 weeks to fly at all, or they require a doctor's note.
- Check the fine print of your travel insurance – some policies may not cover pregnancy.
- Arrange with the airline for a bulkhead seat or a seat near an exit for extra leg room.
- Consider booking an aisle seat – going to the toilet will be a little easier.

Before you leave, discuss with your doctor whether you need to travel with a medical kit. Remember to pack this kit in your carry-on luggage so you can access it during the flight.

Items your medical kit could contain:

- preparations to help you treat common pregnancy complaints such as heartburn, thrush, constipation and haemorrhoids
- oral rehydration preparations in case of traveller's diarrhoea
- multivitamins formulated for pregnant women
- urine dipsticks to check glucose levels (if required).

During the flight:

- Wear your seatbelt under your bump and across your lap.
- Stretch and move your legs regularly while seated. Consider wearing support stockings for the duration of the flight. A pregnant woman's circulation is already under strain – the lower cabin pressure inside a plane can theoretically increase the risk of blood clots.
- Drink plenty of water to reduce the risk of dehydration. Keeping up your fluid intake will also reduce the risk of DVT.
- If the flight is smooth, walk up and down the aisles every half hour.
- If the flight has turbulence, stay in your seat, but flex and extend your ankles frequently.
- If you are feeling short of breath or light-headed, ask one of the flight attendants to give you breathing oxygen.

## Car travel and pregnancy

If travelling by car:

- Make frequent breaks to stretch your legs and visit the toilet.
- Always wear a seatbelt. Fasten the lap sash across your lap and under your bump, fit the shoulder sash above your bump and between your breasts.
- Avoid wearing the lap sash across your bump as a sudden jolt could cause your placenta to separate from your uterus.
- If you are sitting in the front passenger seat, move your seat well back from the dashboard to reduce airbag impact in case of a collision.
- If you are driving, have your seat as far back from the steering wheel as possible, while still being able to drive safely and comfortably. It may help to tilt the steering wheel downwards, away from your belly.
- If you are involved in a collision, however minor, see your doctor.
- If you have contractions, pain or bleeding after an accident, see a doctor as soon as possible. Let them know if you have a [rhesus negative](#) blood group, as you may need to have an anti-D injection.
- Consider joining a roadside assistance program that can help you in case of a breakdown, and always carry a mobile phone.

## Heat and sun exposure and pregnancy

If travelling in hot weather:

- Carry a water bottle with you and drink water frequently.
- Stay in the shade or inside during the hottest part of the day.
- Protect your skin by wearing loose-fitting clothing, a hat and sunscreen.
- Avoid rushing or overexertion – plan your activities and give yourself plenty of time.

## Overheating during pregnancy

If you feel weak and dizzy, light-headed or even slightly nauseous, it may be a sign that you are overheating and dehydrated. Remember:

- to seek shade or go inside, drink a glass of cool water and lie down
- to bring down your temperature by using a fan, placing a cool, wet cloth on your forehead and the back of your neck, or running cool water over your wrists.
- that dizziness may also indicate a drop in blood sugar, so have a light snack such as a banana or a piece of toast.

## Sporting activities and pregnancy

Certain sporting activities carry an increased risk to your unborn baby. Activities to avoid include:

- Water-skiing – coming off the skis could force water into the vagina.
- Scuba diving – the changes in blood gases may harm your baby. Snorkelling is fine and scuba diving to depths of less than 18 metres (60 feet) is reasonably safe, but check with your doctor first.
- Saunas and hot tubs – raising your body temperature can harm your baby.
- Horseback riding – the motion of horseback riding carries a risk of placental abruption (separating the placenta from the uterus). Falling from or being kicked by a horse carries a high risk of trauma to your baby, or even death.
- High-altitude activities such as mountain climbing – at heights over 3,000 metres, the oxygen level in the air is low. This reduces the oxygen available to your baby. Pregnant women are also more vulnerable to developing altitude sickness.

## Traveller's diarrhoea and pregnancy

Be careful to avoid food poisoning, as certain infections can harm the baby or trigger miscarriage. Remember to:

- Avoid food buffets, seafood, undercooked meats, soft cheeses and pâtés.
- Wash your hands thoroughly after going to the toilet, before preparing food and before eating.
- In developing nations, only eat fruit that you have peeled yourself. Avoid leafy greens and salads because they could have been washed in contaminated water.
- Drink bottled water if you are unsure of the water supply. Use bottled water when brushing your teeth. Make sure that all eating utensils are thoroughly dried after washing.
- Avoid ice.
- If you must use the local water, boil the water thoroughly for five minutes before using.
- Avoid treating unsafe water with iodine. If consumed over a few weeks, iodine can cause your unborn baby to develop a goitre (enlarged thyroid gland).

## Medications to avoid during pregnancy

Pregnant women should be wary of taking medications of any kind. Some medications can pass to the baby through the placenta and cause birth defects or miscarriage.

- Avoid taking any over-the-counter medication unless advised by your doctor, who knows you are pregnant.
- Medications that are commonly used to treat traveller's diarrhoea are dangerous during pregnancy.
- Avoid alcohol.
- Avoid using 'social' or 'recreational' drugs.

## Where to get help

- Your doctor
- NURSE-ON-CALL Tel. 1300 60 60 24 – for expert health information and advice (24 hours, 7 days)

## Things to remember

- If you are pregnant, the safest time for you to travel is during the second trimester, provided you aren't experiencing any complications.
- If you are pregnant and considering travel, you must consult with your doctor, especially if your pregnancy is high risk.
- Avoid travelling to developing nations during pregnancy.
- Be wary of taking medications of any kind, including those commonly used to treat traveller's diarrhoea.

### References

- Getting there by car, babycenter.com.au. [More information here.](#)
- Pregnancy and overheating, 2011, netdoctor, [More information here.](#)
- 'Influenza', 2013, The Australian Immunisation Handbook 10th Edition 2013, Australian Government Department of Health. [More information here.](#)
- Reyes N, Grosse S, Grant A, Deep vein thrombosis and pulmonary embolism, Centers for Disease Control and Prevention. [More information here.](#)

## Send us your feedback

- Rate this website
- Your comments
- Questions
- Your details

### 1/4 How would you rate this website?

- Excellent
- Good

- Average
- Fair
- Poor

[Next](#) [Submit Now](#) [Cancel](#)

## [Send us your feedback](#)

- Rate this website
- Your comments
- Questions
- Your details

Please note that we cannot answer personal medical queries.

If you are looking for health or medical advice we recommend that you:

- talk to your doctor or pharmacist
- dial triple zero (000) in an emergency
- ring NURSE-ON-CALL Tel. 1300 60 60 24.

### 2/4 Your Comments

Tell us who you are

Enter your comments below (optional)

[Next](#) [Submit Now](#) [Cancel](#)

## [Send us your feedback](#)

- Rate this website
- Your comments
- Questions
- Your details

### 3/4 Questions

What are you here to do?

Did you find what you were looking for?

- Yes
- No

[Next](#) [Submit Now](#) [Cancel](#)

## [Send us your feedback](#)

- Rate this website
- Your comments
- Questions
- Your details

### 4/4 Your details

Postcode

Email Address

[Submit Now](#) [Cancel](#)

## [Send us your feedback](#)

**Thank you. Your feedback has been successfully sent.**

## More information

### Healthy pregnancy

The following content is displayed as Tabs. Once you have activated a link navigate to the end of the list to view its associated content. The activated link is defined as Active Tab

- [Pregnancy and birth basics](#)
- [Stages of pregnancy](#)
- [Fertility issues and options](#)

- [Keeping healthy during pregnancy](#)
- [Health concerns during pregnancy](#)
- [Preparing for birth](#)
- [Preparing for a newborn](#)

### Pregnancy and birth basics

- [Childbirth - pain relief options](#)

[Understanding your pain relief options can help you cope better with the pain of childbirth...](#)

- [Pregnancy – labour](#)

[Labour is divided into three stages. The first stage is dilation of the cervix from 0 to 10 cm, the second stage is birth of the baby, and the third stage is delivery of the placenta. Labour typically...](#)

- [Pregnancy - premature labour](#)

[Sometimes, babies arrive early. It's important to recognise premature labour, in case you and your baby need medical care...](#)

- [Contraception after giving birth](#)

[After having a baby, you need to choose an effective method of contraception if you don't want to have another baby straight away...](#)

- [If you want to get pregnant, timing is everything](#)

[If you are trying for a baby, to increase your chances of conceiving, it helps to know when you are at your most fertile, and when is the best time to have sex...](#)

- [Pregnancy testing](#)

[Sometimes, a home pregnancy test may be positive when a woman isn't pregnant...](#)

- [Folate for pregnant women](#)

[Even women who aren't planning to have a baby should increase their folate intake in case of unplanned pregnancy...](#)

- [Pregnancy - unplanned](#)

[When a woman does not want to become a parent, her pregnancy options may include abortion or adoption...](#)

- [Contraception - emergency contraception](#)

[It is best to take emergency contraception as soon as possible, ideally within 24 hours of having unprotected sex, but it still works well within 96 hours \(four days\)...](#)

### Stages of pregnancy

- [Baby due date](#)

[Pregnancy is calculated from the first day of your last period, not from the date of conception...](#)

- [Pregnancy - week by week](#)

[Pregnancy is counted as 40 weeks, starting from the first day of the mother's last menstrual period...](#)

- [Pregnancy - signs and symptoms](#)

[All women experience pregnancy differently, and you will experience different symptoms at different stages of your pregnancy...](#)

- [Planning for labour and birth](#)

[Some of the signs and symptoms of going into labour may include period-like cramps, backache, diarrhoea and contractions...](#)

- [Conceiving a baby](#)

[The odds of a young fertile couple conceiving by having sexual intercourse around the time of ovulation \(the release of the egg from the ovary\) are approximately one in five every month. Around nine...](#)

- [Pregnancy stages and changes](#)

[It's helpful to have an idea of how your body may react to the different stages of pregnancy. It also helps to know how pregnancy may affect your emotions and feelings...](#)

### Fertility issues and options

- [Adoption](#)

[Adoption can give a secure family life to children who can't live with their birth family...](#)

- [Surrogacy](#)

[Surrogacy is a form of assisted reproductive treatment \(ART\) in which a woman carries a child within her uterus on behalf of another person or couple...](#)

- [If you want to get pregnant, timing is everything](#)

[If you are trying for a baby, to increase your chances of conceiving, it helps to know when you are at your most fertile, and when is the best time to have sex...](#)

- [Abortion](#)

[All women should have access to accurate information about abortion so they can make their own informed decisions...](#)

- [Age and fertility](#)

[Age affects the fertility of both men and women, and is the single biggest factor affecting a woman's chance to conceive and have a healthy baby...](#)

- [Infertility in men](#)

[A couple isn't suspected of fertility problems until they have tried and failed to conceive for one year...](#)

- [Infertility in women](#)

[The odds of a young fertile couple conceiving by having sexual intercourse around the time of ovulation are approximately one in five every month...](#)

- [Weight, fertility and pregnancy health](#)

[Compared with women in the healthy weight range, women who are carrying extra weight are less likely to conceive...](#)

### **Keeping healthy during pregnancy**

- [Pregnancy - morning sickness](#)

[Morning sickness is typically at its worst early in the day but it can strike at any point during the day or night...](#)

- [Postnatal exercise - sample workout](#)

[Make sure your abdominal muscles have healed before you do any vigorous tummy exercises, such as crunches...](#)

- [Healthy eating during pregnancy - tucker talk tips](#)

[Some foods should be avoided during pregnancy as they carry bacteria that could harm your unborn baby...](#)

- [Postnatal exercise](#)

[Always consult with your doctor or midwife before starting any postnatal exercise program...](#)

- [Pregnancy and your mental health](#)

[Finding out you are pregnant can be a very exciting time. But it can also make you feel uncomfortable, unwell, worried and make you wonder how you are going to cope. And it doesn't stop when the baby...](#)

- [Pregnancy and teeth](#)

[It's important to look after your teeth and gums when you're pregnant, as gum disease can affect your baby...](#)

- [Tests, scans and checks - pregnancy and labour](#)

[Tests can confirm your pregnancy and also monitor your baby's development in the womb...](#)

- [Alcohol and pregnancy](#)

[There's no safe level of alcohol use during pregnancy. It's safest to not drink at all during pregnancy, when trying to conceive, and while breastfeeding...](#)

- [Pregnancy and smoking](#)

[Smoking while pregnant exposes a woman and her unborn child to an increased risk of health problems...](#)

- [Immunisation and pregnancy](#)

[Immunisation can protect a woman and her unborn baby against many infectious diseases...](#)

- [Pregnancy and exercise](#)

[Unless you have complications, you should be able to exercise throughout your pregnancy...](#)

- [Pelvic floor](#)

[Pelvic floor exercises are designed to improve muscle tone and prevent the need for corrective surgery...](#)

- [Pregnancy and diet](#)

[Good nutrition during pregnancy can help to keep you and your developing baby healthy...](#)

- [Pregnancy and travel](#)



[Travelling to developing nations is not encouraged during pregnancy, due to the risk of disease and the standard of medical facilities...](#)

- [Food poisoning - listeria](#)

[Listeria infection is uncommon but very dangerous for the elderly, people whose immune systems are not working properly and pregnant women and their unborn babies...](#)

### Health concerns during pregnancy

- [Miscarriage and Stillbirth - Coming to terms \(video\)](#)

- [Pregnancy - bleeding problems](#)

[Bleeding from the vagina in early pregnancy happens in almost one in four pregnancies...](#)

- [Newborn bloodspot screening \(video\)](#)

[Every newborn baby in Australia is offered a newborn bloodspot screening test to identify those at risk for rare, but serious, medical conditions including PKU, hypothyroidism and cystic fibrosis...](#)

- [Placenta previa](#)

[Placenta previa means the placenta has implanted at the bottom of the uterus, over the cervix or close by...](#)

- [Placental abruption](#)

[Placental abruption means the placenta has detached from the wall of the uterus, starving the baby of oxygen and nutrients...](#)

- [Pregnancy - pre-eclampsia](#)

[There is no evidence that pre-eclampsia is caused by emotional stress, working too hard or not getting enough rest...](#)

- [Lupus and pregnancy](#)

[Lupus can be controlled with medications, so the majority of affected women are able to have children...](#)

- [HIV and women – having children](#)

[Women living with human immunodeficiency virus \(HIV\), or women whose partner is HIV-positive, may wish to have children but feel concerned about the risk of transmission of the virus to themselves \(if...](#)

- [Alcohol and pregnancy](#)

[There's no safe level of alcohol use during pregnancy. It's safest to not drink at all during pregnancy, when trying to conceive, and while breastfeeding...](#)

- [Pregnancy and smoking](#)

[Smoking while pregnant exposes a woman and her unborn child to an increased risk of health problems...](#)

- [Pregnancy - obstetric emergencies](#)

[An obstetric emergency may arise when a woman is pregnant, or during her delivery. In this case, extra care is needed. A woman may need a lot of tests and treatments, and extended hospital stays. She...](#)

- [Postnatal depression \(PND\)](#)

[Postnatal depression can happen either a few days or weeks after the birth, with a slow or sudden onset...](#)

- [Molar pregnancy](#)

[Most molar pregnancies are diagnosed when bleeding early in pregnancy prompts an ultrasound scan...](#)

- [Miscarriage](#)

[A range of feelings is normal after a miscarriage, and they often linger for some time...](#)

- [Fetal alcohol spectrum disorder \(FASD\)](#)

[The World Health Organization recommends that pregnant women should avoid alcohol...](#)

- [Diabetes - gestational](#)

[Gestational diabetes is diabetes that occurs during pregnancy and usually disappears when the pregnancy is over...](#)

- [Asthma - pregnancy and breastfeeding](#)

[Pregnant women with asthma need to continue to take their asthma medication as it is important to the health of both mother and baby that the mother's asthma is well managed...](#)

- [Pregnancy and diet](#)

[Good nutrition during pregnancy can help to keep you and your developing baby healthy...](#)

- [Birth defects explained](#)

[The cause of birth defects is often unknown, speak to your GP if you are at increased risk of having a baby with a congenital anomaly...](#)

- [Ectopic pregnancy](#)

[Ectopic pregnancy is caused by a fertilised egg not being able to move through the fallopian tube...](#)

### Preparing for birth

- [Pregnancy - care choices](#)

[It's very important for you and your baby to be looked after from the start of your pregnancy until after the birth of your baby...](#)

- [Pregnancy – labour](#)

[Labour is divided into three stages. The first stage is dilation of the cervix from 0 to 10 cm, the second stage is birth of the baby, and the third stage is delivery of the placenta. Labour typically...](#)

- [Pregnancy - premature labour](#)

[Sometimes, babies arrive early. It's important to recognise premature labour, in case you and your baby need medical care...](#)

- [Pregnancy - packing for hospital](#)

[Packing for hospital is an exciting part of preparing for the birth of your baby...](#)

- [Planning for labour and birth](#)

[Some of the signs and symptoms of going into labour may include period-like cramps, backache, diarrhoea and contractions...](#)

- [Twins - identical and fraternal](#)

[Multiple births are more common due to the advancing average age of mothers and the rise in assisted reproductive techniques...](#)

### Preparing for a newborn

- [Breastfeeding - the first days](#)

[Let your baby feed as much as they want in the first few days to help establish good breastfeeding patterns...](#)

- [Breastfeeding - when to start](#)

[Breastfeeding within the first hour after birth allows your baby to behave instinctively and breastfeed with little intervention...](#)

- [Alcohol and pregnancy](#)

[There's no safe level of alcohol use during pregnancy. It's safest to not drink at all during pregnancy, when trying to conceive, and while breastfeeding...](#)

- [Vitamin K and newborn babies](#)

[With low levels of vitamin K, some babies can have severe bleeding into the brain, causing significant brain damage...](#)

- [Postnatal depression \(PND\)](#)

[Postnatal depression can happen either a few days or weeks after the birth, with a slow or sudden onset...](#)

- [Baby furniture - safety tips](#)

[Even if your baby furniture meets every safety standard and recommendation, your child still needs close supervision...](#)

- [Newborn bloodspot screening](#)

[Every newborn baby in Australia is offered a newborn bloodspot screening test to identify those at risk of rare, but serious, medical conditions...](#)

### Related Information

- [Flu \(influenza\) – immunisation](#)

[Influenza immunisation is recommended for people in known high risk groups...](#)

- [Bird flu \(avian influenza\)](#)

[The symptoms of bird flu in humans are similar to those of regular influenza...](#)

- [No Jab No Play](#)

[No Jab No Play – from 1 January 2016, all parents/guardians seeking to enrol their child at an early childhood service in Victoria must provide evidence that the child is fully immunised for their age...](#)

- [Travel and holidays](#)

Travel health, travel and health conditions, travel tips and holiday stress...

- [Immunisation](#)

Find out more about diseases and immunisation, including why immunisation is important, latest immunisation schedules and immunisation for travel...

[Home](#)

### Related information on other websites

- [Can I have travel vaccinations during pregnancy?](#)
- [Centres for Disease Control and Prevention.](#)
- [Travel and pregnancy.](#)
- [Travel in pregnancy.](#)
- [Travellers' health – Centers for Disease Control and Prevention.](#)

### Content Partner

This page has been produced in consultation with and approved by: Better Health Channel - (need new cp)



Last updated: March 2015

Content on this website is provided for information purposes only. Information about a therapy, service, product or treatment does not in any way endorse or support such therapy, service, product or treatment and is not intended to replace advice from your doctor or other registered health professional. The information and materials contained on this website are not intended to constitute a comprehensive guide concerning all aspects of the therapy, product or treatment described on the website. All users are urged to always seek advice from a registered health care professional for diagnosis and answers to their medical questions and to ascertain whether the particular therapy, service, product or treatment described on the website is suitable in their circumstances. The State of Victoria and the Department of Health & Human Services shall not bear any liability for reliance by any user on the materials contained on this website.



### NURSE-ON-CALL

Provides immediate, expert health advice from a registered nurse. Call 1300 60 60 24

#### [NURSE-ON-CALL](#)

Service Search

---

**Service Search**

Find services near you

Service:

Location:

Type a minimum of three characters then press UP or DOWN on the keyboard to navigate the autocompleted search results

[Use my location](#)

### Recent Activity

33 people have watched a video today

- **[Health topics](#)**

- [Conditions and treatments](#)
- [Healthy living](#)
- [Services and support](#)
- 

- **[Explore](#)**

- [Recipes](#)
- [Healthy pantry](#)
- [Videos](#)
- [Consumer medicine information](#)
- [Multilingual health information - Health Translations Directory](#)

- **[About](#)**

- [About us](#)
- [Accessibility](#)
- [Content partners](#)
- [Privacy](#)
- [Terms of use](#)
- [Contact us](#)

- **[Connect with us](#)**

- [Facebook](#)
- [Twitter](#)
- [YouTube](#)

Page last reviewed: 31 Jul 2013

<https://www.betterhealth.vic.gov.au:443/health/healthyliving/pregnancy-and-travel>

- <https://www.betterhealth.vic.gov.au:443/about/privacy>

[Privacy Statement](#)

- <https://www.betterhealth.vic.gov.au:443/about/terms-of-use>

[Copyright Notice](#)

- <https://www.betterhealth.vic.gov.au:443/about/terms-of-use>

[Disclaimer Notice](#)

This web site is managed and authorised by the Department of Health & Human Services, State Government of Victoria, Australia

© Copyright State of Victoria 2018.

[Back to Top](#)

**This page has been produced in consultation with and approved by:**

Better Health Channel - (need new cp)

Content on this website is provided for information purposes only. Information about a therapy, service, product or treatment does not in any way endorse or support such therapy, service, product or treatment and is not intended to replace advice from your doctor or other registered health professional. The information and materials contained on this website are not intended to constitute a comprehensive guide concerning all aspects of the therapy, product or treatment described on the website. All users are urged to always seek advice from a registered health care professional for diagnosis and answers to their medical questions and to ascertain whether the particular therapy, service, product or treatment described on the website is suitable in their circumstances. The State of Victoria and the Department of Health & Human Services shall not bear any liability for reliance by any user on the materials contained on this website.

For the latest updates and more information, visit [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

**Copyright © 1999/2019** State of Victoria. Reproduced from the Better Health Channel ([www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)) at no cost with permission of the Victorian Minister for Health. Unauthorised reproduction and other uses comprised in the copyright are prohibited without permission.