Pregnant? Take these steps to protect yourself and your baby from COVID-19

Pregnant people with COVID-19 are at an increased risk for severe illness or death from COVID-19 compared to people with COVID-19 who are not pregnant.

Severe illness means that a person with COVID-19 may need:

- Hospitalization
- Intensive care
- A ventilator to help them breathe

Pregnant people with COVID-19 might also be more likely to have a baby that is born premature.

If you are pregnant, here's what you can do to protect yourself:

Avoid interacting with people who might have been exposed to or infected with COVID-19 as much possible, including people that live with you.
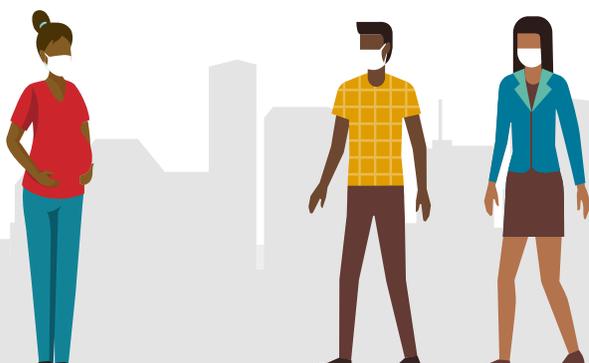
If you do go out or interact with people who don't live with you, you should:

- Wear a mask.
- Stay at least 6 feet away from anyone who doesn't live with you.
- Wash your hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- Avoid crowds where social distancing can't be maintained and indoor spaces that do not offer fresh air from the outdoors.

✓ **Keep all of your recommended healthcare appointments during and after your pregnancy including your prenatal care appointments.**
- Some of these appointments can be done virtually, like on a phone or on a computer.

✓ **Get recommended vaccines, including the flu vaccine and the whooping cough (Tdap) vaccine.**

✓ **If you are part of a group recommended to receive the COVID-19 vaccine, you may choose to get vaccinated.**
- Talk to your healthcare provider to help you make an informed decision.

✓ **Ask your healthcare provider if you can get a 30-day (or longer) supply of your medicines, so you can make fewer trips to the pharmacy.**
✓ - If possible, ask someone to go to the pharmacy for you.

Call your healthcare provider if you have any health concerns.
- If you need emergency help, call 911 right away. Don't delay getting emergency care because of COVID-19.

CDC

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