

# PREGNANT OR JUST HAD A BABY? TAKE THESE STEPS TO PROTECT YOURSELF FROM COVID-19 | COVID-19 |

Pregnant and recently pregnant people are more likely to get severely ill from COVID-19 compared to people who are not pregnant.

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

- Hospitalization
- Intensive care
- A ventilator or special equipment to help them breathe

People with COVID-19 who become severely ill can die.



**If you are pregnant or recently had a baby, here's what you can do to protect yourself:**



Get a COVID-19 vaccine. The CDC recommends that people who are pregnant, breastfeeding, trying to get pregnant or might become pregnant in the future stay up to date with their COVID-19 vaccines.

Avoid interacting in person with people who might have been exposed to COVID-19 as much as possible. If you or someone in your household is sick with COVID-19, follow recommendations for isolation.



If you 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 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.**

✓ **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.gov/coronavirus](https://cdc.gov/coronavirus)