PREGNANT OR JUST HAD A BABY? TAKE THESE STEPS TO PROTECT YOURSELF FROM 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