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.gov/coronavirus]