COVID-19 and Pregnancy

Washington State Department of Health

If you are pregnant, you may be at greater risk for severe illness from COVID-19. Here are some tips to stay healthy and avoid getting COVID-19 during your pregnancy:

Talk to your health care provider about how to stay healthy and take care of yourself during the COVID-19 pandemic. If you don't have a health care provider, call your local community health center or health department.

Call 911 if you have:
- Trouble breathing (more than what has been normal for you during pregnancy)
- Ongoing pain or pressure in the chest
- Sudden confusion
- Being unable to respond to others
- Blue lips or face

Avoid being around other people as much as possible. When you do spend time with other people, stay 6 feet away and wear a face covering.

Go to all your prenatal care appointments.

Make sure you have at least a 30-day supply of your medications.

During your last month of pregnancy take extra care to stay away from other people.

When you must be around people, wear a mask and stay 6 feet away from others.