COVID-19 and Pregnancy

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 pregnancy. 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.