Coronavirus Disease 2019 (COVID-19)

<u>Stay Healthy if You Are Pregnant</u>

60 seconds

Although overall risk is low, people who are pregnant or recently pregnant are at increased risk for severe illness from COVID-19.

Having certain underlying medical conditions, and other factors, including age, can further increase risk for developing severe COVID-19 illness during or recently after pregnancy.

People who have COVID-19 during pregnancy are also at increased risk for preterm birth and might be at risk for other poor pregnancy outcomes.

If you are pregnant, take steps to protect yourself from COVID-19:

Get a COVID-19 vaccine as soon as you can.

Wear a mask and stay at least 6 feet apart from those who don't live with you.

Wash your hands often with soap and water or use hand sanitizer.

Avoid poorly ventilated indoor spaces.

Keep all your healthcare appointments during and after your pregnancy.

Get your recommended vaccines.

Call your healthcare provider if you have any concerns about your pregnancy.

Do not delay getting medical care because of COVID-19.

To learn more, visit c-d-c dot gov.