

Pregnant or just had a baby? Take these steps to protect yourself from COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnant-people.html>

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, and are not fully vaccinated, here's what you can do to protect yourself:



You can receive a COVID-19 vaccination. A conversation with your healthcare provider might help you make an informed decision but is not necessary.

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) vacci**

✓ **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.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)