

COVID-19 and Pregnancy

3 Steps to Stay Safe

1. Know the facts

- COVID-19 can spread between people who are in close contact with one another (within about 6 feet).
- Some people with COVID-19 may have no symptoms.
- Current reports suggest that pregnant women have a higher risk for more severe illness from COVID-19 than nonpregnant women.

2. Slow the spread

- Wear a mask or cloth face covering over your nose and mouth while in public.
- Clean hands often for at least 20 seconds with soap and water or hand sanitizer that contains at least 60 percent alcohol.
- Limit contact with other people as much as possible.
- Stay at least 6 feet away from other people if you need to go out.

3. Talk with your ob-gyn

- **Prenatal and postpartum care:** Your visit schedule may change, or you may have some visits over the phone or with a two-way video call on your computer. Before an in-person visit, tell your ob-gyn if you think you may have COVID-19 or contact with someone who has it.
- **Your birth plan:** In most cases, the way you plan to give birth does not need to change. And the safest place for you to give birth is still a hospital or accredited birth center.
- **Visitor policies:** You may not be able to have as many visitors at your checkups or during and after birth while COVID-19 is spreading.



Learn more: www.acog.org/COVID-Pregnancy

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