

# 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.
- Pregnant women with COVID-19 may be more likely than nonpregnant women to need care in an intensive care unit (ICU) or need a ventilator for breathing support. But the overall risk of these outcomes is low.

### 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.
- Stay home as much as possible while the virus is spreading.
- 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](http://www.acog.org/COVID-Pregnancy)

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