

**HEALTHY  
MOMS.  
STRONG  
BABIES.**



# STEPS TO PROTECT YOURSELF FROM CORONAVIRUS DISEASE (COVID-19) WHILE PREGNANT

During pregnancy, your immune system is weaker. This may increase your risk of getting a virus like COVID-19.

**Wash your hands**  
regularly with soap  
and water



**Clean and  
disinfect**  
objects you  
touch  
regularly



**Cough or sneeze**  
into a tissue or your  
arm. Throw used  
tissues in the trash



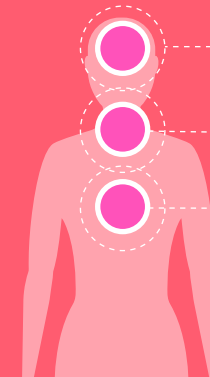
**Avoid  
contact**  
with people  
who are sick



**Try not to  
touch your  
eyes, nose or  
mouth**



**If you have any of these symptoms,  
call your health care provider:**

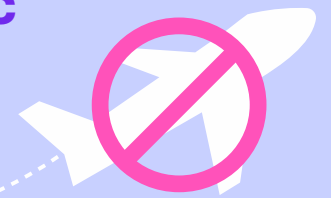


**Fever**

**Cough**

**Shortness of breath**

**If you are planning a  
trip, check for CDC  
travel advisories  
before leaving.**



**Go to [cdc.gov/COVID19/](https://www.cdc.gov/COVID19/)  
to stay up-to-date with the  
latest information.**