

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



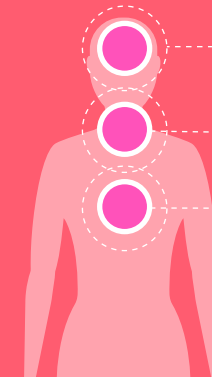
Avoid contact
with people
who are sick



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.**