# HEALTHY MOMS. STRONG BABIES.

**MARCH OF DIMES**

# 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

**Avoid contact** with people who are sick

**Cough or sneeze** into a tissue or your arm. Throw used tissues in the trash
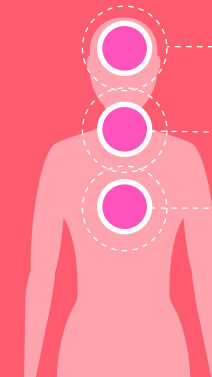
**Try not to** touch your eyes, nose or mouth

**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/ to stay up-to-date with the latest information.**

Updated: MARCH 4, 2020