Pregnant women are at higher risk of severe COVID-19

If you are about to have a baby, you should be supported to breastfeed safely and hold your newborn skin-to-skin.

Prenatal Care During COVID-19

- Keep mobile and hydrated to reduce risk of blood clots
- Exercise regularly and eat a healthy balanced diet
- Attend prenatal clinic if the nurse or doctor tells you
- Maintain contact with your doctor or clinic
- Take your prenatal vitamins and iron
- Call by phone if you have any problems during pregnancy
- Keep physical distance when visiting clinic
- Wear a mask and wash hands frequently

Additional Tips:
- Limit face to face appointments if pregnancy is low-risk
- Have your nurse or doctor do screening tests while consulting so that visits are limited

If you are pregnant and you start with fever, cough or feel extra tired:

- Separate yourself from other people in your home
- Avoid leaving your home EXCEPT to get medical care
- Get medical care right away if you feel worse or it’s an emergency

Call your doctor or the nearest health facility before going to clinic or hospital
Wear a face mask when you are around other people and when you go to get medical care
Avoid public transportation

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