



# I'm Pregnant and Have COVID-19. Now What?

## If I'm pregnant and have COVID-19 ...



### How sick will I get?

Most people have mild illness, but some people can get very sick. When you're pregnant, you have a higher risk of more severe illness than people who are not pregnant. You may have an even higher risk of severe illness if you have a health condition or if you are not vaccinated.



### How can the virus affect my pregnancy?

You may be more likely to give birth too early. You may also be more likely to have other pregnancy complications, such as problems related to high blood pressure.



### Who should I call?

Be sure your obstetrician–gynecologist (ob-gyn) knows you have COVID-19. Tell your ob-gyn about any symptoms you develop. If you have any of these symptoms, call 911 or go to the hospital right away:

- Trouble breathing or shortness of breath (more than what has been normal for you during pregnancy)
- Ongoing pain or pressure in the chest
- Sudden confusion
- Being unable to respond to others
- Blue lips or face



### Should I ask about treatment?

Yes, talk with your ob-gyn about treatment options. Your ob-gyn may recommend medication to help treat COVID-19, depending on your symptoms and your risk for severe illness.



## What if I'm sick when I give birth?

While you're in the hospital or birth center, you should wear a mask if you have COVID-19. But when you are pushing during labor, wearing a mask may be difficult. For this reason, your health care team should wear masks or other protective equipment.



## How can I avoid passing COVID-19 to my newborn?

You can take the following steps while you're in the hospital or birth center and after you go home:

- Wear a mask when holding your baby, including during feeding. Do not put a mask on the baby's face.
- Wash your hands before touching your baby.
- Wash your hands before touching any breast pump or bottle parts and clean all pump and bottle parts after use.

If possible, let someone who is healthy help care for your newborn. The person helping should not be at risk of severe illness from COVID-19. This person can bottle-feed your breast milk to your baby after you pump. They should wear a mask and keep their hands clean.



## How can I avoid COVID-19 in the future?

It's possible to get the virus again, even if you already had it. The best way to protect yourself is to get a COVID-19 vaccine and booster.

**Remember: Talk with your ob-gyn about your symptoms and treatment options.**

Learn more at [acog.org/COVID-Pregnancy](https://www.acog.org/COVID-Pregnancy)

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