

# What should I do if I'm pregnant or breastfeeding?

There are things you can do to protect your health and the health of your baby.



## ***If you're pregnant***

Pregnancy causes changes in the body that may raise the risk for some infections. If you are pregnant, you are more likely to get seriously ill from respiratory infections, like the flu.

So it's important to try to avoid infections. The same steps that can help prevent COVID-19 will also help prevent other viral infections, like colds and the flu. These steps are the same for all of us:

- ✔ **Wash your hands often with soap and water.** Scrub for 20 seconds, rinse, and dry.
- ✔ **Practice social distancing.** When you're out, keep a space of 6 feet between yourself and others and wear a mask or cloth face cover.
- ✔ **Stay home as much as you can.** And limit visitors to your home.
- ✔ **Stay away from people who seem sick or are coughing or sneezing.**



## ***If you're breastfeeding***

Talk to your doctor if you're concerned about your baby's risk of infection.

**If you have COVID-19 or have symptoms,** like a fever or a cough:

- ✔ **Take extra care to avoid passing the infection to your baby.**
  - Wash your hands well before you touch your baby.
  - Wear a cloth face cover anytime you hold your baby.
- ✔ **Take precautions if you pump milk.**
  - Wash your hands well before you touch the pump or bottle.
  - Clean the pump well when you're finished.
  - If you can, have someone who isn't sick give your baby the bottle.

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Call your doctor if you have any symptoms that could be caused by COVID-19, like a fever, a cough, or shortness of breath.