



# What to Know About Novel Coronavirus (COVID-19) and Pregnancy

**Novel coronavirus**, also called COVID-19, is a new respiratory disease that has spread in the U.S. and around the world. As a soon-to-be mom, it's important to understand the symptoms, your risks, and what you can do to keep yourself and your family healthy. Being informed, up to date, and prepared can help you stay calm and feel empowered during this time.



## What are the symptoms?

Symptoms can appear 2-14 days after being exposed to the virus. These can be mild to severe and include:

- Fever
- Cough
- Shortness of breath
- Fatigue

You are the expert on how you feel day to day, so trust how yourself, ask questions, and consult with your healthcare provider if you have any of these symptoms.

**If you have any questions, contact your healthcare provider.**



## Will my baby be okay?

Your body undergoes a lot of changes during pregnancy. This may make your immune system slower to respond to any illness, including viruses like COVID-19.

We are still learning about the long term effects on pregnancy and birth outcomes related to COVID-19. As with any potential illness, get rest and boost your immune system by eating fruits and vegetables to increase your antioxidant intake.

**Visit the [CDC](#) for more information and to stay up to date.**



## What can I do?

Prevent the spread of germs and take precautions to keep yourself and your family healthy.

- **Wash** your hands for at least 20 seconds
- **Avoid** close contact with people who are sick
- **Cover** your mouth and nose with a tissue or your arm when you cough or sneeze
- **Clean** and disinfect surfaces that you frequently touch

**Follow any guidelines from your local health department.**

Source: Centers for Disease Control and Prevention

**Contact your healthcare provider about your health and risk for novel coronavirus (COVID-19).**