

# Connect to End COVID-19 in Pregnant Persons



## MY COVID-19 PLAN

These are the things I will do to stay healthy and limit the harms of COVID-19 infection:

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Wash my hands often with soap and water. Use hand sanitizer.      | <input type="checkbox"/> Get vaccinated against COVID-19.                           | <input type="checkbox"/> Watch out for signs of infection.                            |
| <input type="checkbox"/> Wear a mask to help avoid infection when I'm out in public.       | <input type="checkbox"/> Get an annual booster shot for COVID-19.                   | <input type="checkbox"/> Test for COVID-19 if I was exposed or have symptoms.         |
| <input type="checkbox"/> Give my baby my milk. Breastfeeding helps their immune system.  | <input type="checkbox"/> Nourish my body with extra rest and healthy food.        | <input type="checkbox"/> Stay home when we can. Limit visitors. Avoid sick people.  |
| <input type="checkbox"/> Avoid crowds and places where others may be sick.               | <input type="checkbox"/> Follow medical guidance and attend all my appointments.  | <input type="checkbox"/> Stay up-to-date with our immunizations.                    |

When you're pregnant you have a higher risk of severe illness from COVID-19. But **there are things you can do to protect yourself and your baby.** You can get an immunization before, during, or after pregnancy. And your baby can get the COVID-19 vaccine when they're 6 months old. **Getting vaccinated provides protective immunity for you and your baby.**

## If I get a COVID-19 infection, I will...

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Tell my pregnancy care providers if I think I may have COVID-19.  | <input type="checkbox"/> Ask for help taking care of myself and my baby.     | <input type="checkbox"/> Care for myself. Get lots of rest and nourishment.     |
| <input type="checkbox"/> Use a pulse oximeter to monitor my oxygen level.                 | <input type="checkbox"/> Stay home and isolate so I don't spread the virus.  | <input type="checkbox"/> Use COVID-19 tests to figure out how contagious I am.  |
|   |  | <input type="checkbox"/> Wear a mask to avoid infecting others.                 |