It is currently unknown if pregnancy increases the risk of COVID-19 infection. Based on recent data, pregnant people have the same risk as the general public. Otherwise, pregnant people have had an increased risk of severe illness when infected with viruses in the COVID-19 family. This is due to changes in the immune system and body, making it more vulnerable to respiratory infection.

Avoid people who are sick or who have been exposed to the virus. Wash hands frequently with soap and water or hand sanitizer. Clean and disinfect frequently touched surfaces daily. Avoid touching your eyes, nose, and mouth. Keep space between yourself and others. Practice respiratory hygiene when coughing, sneezing, or blowing your nose. Seek early medical attention if you develop a cough, fever, or have difficulty breathing. Call first before going to a medical facility.

Stay home unless there is a need for medical care. Speak with your healthcare team over the phone before going to an office. Separate yourself from others in the home. Continue to receive routine care appointments. Wear a face mask when around other people and while receiving medical care.

Check with your ob-gyn about your desired birth plan to make sure that changes do not need to be made to the method or timing of delivery. The ACOG states that the safest place to give birth is in a hospital, hospital-based birth center, or accredited free-standing birth center. Due to most facilities limiting the number of visitors and support persons, make sure to check how many are allowed during your labor and delivery. Be sure to mention if you are planning on having a doula with you during birth; they may or may not count as a visitor.

Sources: World Health Organization, CDC, JAMA, The American College of Obstetricians and Gynecologists