WHAT YOU CAN DO
(CODIV-19 can be serious, but you can protect yourself)
1. Take preventative measures
   • Wear a mask when you are around others outside your home.
   • Stay home if you have symptoms.
   • Practice good hand hygiene.
   • Get your COVID-19 vaccination.
   • Stay up to date with COVID-19 boosters.
2. Seek treatment if you have COVID-19
   • If you test positive or have symptoms, seek treatment if you have a high risk of getting very sick.
   • Avoid emergency departments if possible.
3. Continue medications and preventative care
   • Continue your medications as prescribed and do not change your treatment plan without talking to your healthcare provider.
   • Check in regularly with your healthcare provider about your personal risk.
4. Take care of existing medical conditions
   • If you have any existing medical conditions, be sure to talk with your healthcare provider to make sure you are managing them as well as possible.
   • Your healthcare provider will guide you in keeping yourself as healthy as possible.
5. Accommodate dietary needs and avoid triggers
   • If you get COVID-19 while pregnant, it may increase your risk for developing conditions like gestational diabetes.
   • If your diet includes foods that increase your chance of developing pre-eclampsia, you may face a greater risk.

ADDITIONAL REMINDERS FOR PEOPLE AT HIGH RISK FOR SEVERE ILLNESS FROM COVID-19
The following medical conditions, your risk of getting very sick increases.

- Age 65 years or older
- Chronic lung disease or asthma
- Certain cancers
- Congenital heart disease
- Diabetes
- Heart or blood vessel disease
- Immunosuppressed state
- Liver disease
- Obesity
- Renal disease or failure
- Thrombosis/thromboembolism
- Type 2 diabetes

Please make sure you have your regular prenatal checkups and follow your healthcare provider’s guidance to help keep yourself and your baby healthy.