

YOUR RISK FOR SERIOUS ILLNESS FROM COVID-19 DURING PREGNANCY

Although the overall risks are low, if you are pregnant now or were recently pregnant, you are more likely to get very sick* from a COVID-19 infection, compared to people who are not pregnant.¹

Additionally, if you get infected with COVID-19 during pregnancy, you are at an increased risk of complications that can affect both your health and your baby's health.¹



THIS IS BECAUSE YOUR BODY UNDERGOES MANY CHANGES DURING PREGNANCY.²

FOR EXAMPLE:

- Progesterone, also known as the “pregnancy hormone,” can wear out your immune system’s response to bugs such as bacteria or respiratory viruses such as COVID-19.²
- Pregnancy by itself can make it more difficult for you to breathe.³ When you are pregnant, you are also more likely to get blood clots.³ If you get COVID-19 while pregnant, it can make it even more difficult for you to breathe and further increase your risk for blood clots.³



- If you get very sick from COVID-19 while pregnant, you may face a greater risk of developing pre-eclampsia.⁴ Pre-eclampsia is a medical condition that raises your blood pressure and causes you to pass protein in your urine.³ It also increases the chances that you'll have your baby prematurely and may cause other medical problems.³



LINKS BETWEEN MEDICAL PROBLEMS, COVID-19, AND PREGNANCY

When you are pregnant and have one or more of the following medical conditions, your risk of getting very sick from COVID-19 may increase⁴:

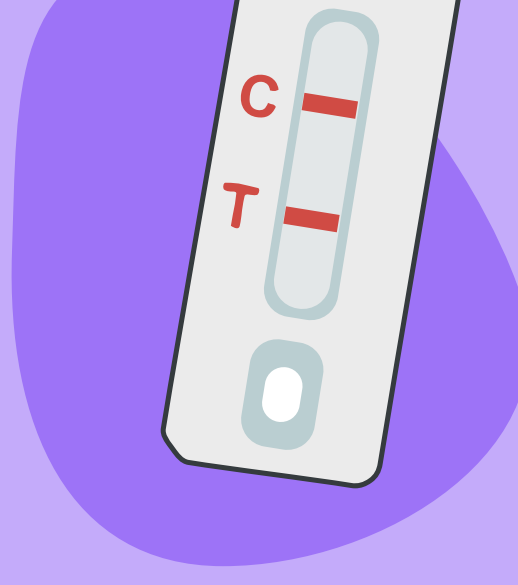
- Being overweight or living with obesity (High Body Mass Index (BMI))⁴
- Chronic high blood pressure⁴
- Pre-eclampsia⁴
- Having diabetes before you got pregnant⁴



WHAT YOU CAN DO

COVID-19 can be serious, but you can help prepare for it^{5,6}:

- Talk to your healthcare provider about getting vaccinated against COVID-19, including an updated booster if eligible⁷
- Understand your risk for severe COVID-19. Your risk is dependent on multiple factors, including age (50 years and older), underlying medical conditions, whether you have been vaccinated, and other risk factors. Talk to your healthcare provider about your personal risk.⁸
- Know the signs and symptoms of COVID-19⁵
- If you have symptoms of COVID-19, get tested immediately. If you were exposed to COVID-19 and do not have symptoms, wait at least 5 full days after your exposure before testing⁹
- Talk to your healthcare provider about potential treatment options if you test positive for COVID-19 or have signs or symptoms of COVID-19¹⁰



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



ADDITIONAL REMINDERS FOR PEOPLE AT HIGH RISK FOR SEVERE ILLNESS FROM COVID-19

The Centers for Disease Control and Prevention (CDC) provides some information on how to continue protecting your own and others' health¹¹:

1

Take preventative measures

- Stay up to date with COVID-19 vaccinations
- Improve ventilation (moving air into, out of, or within a room)
- Get tested if you have symptoms
- Follow recommendations for what to do if you have been exposed
- Stay home if you have suspected or confirmed COVID-19
- Seek treatment if you have COVID-19 and are at high risk of getting very sick
- Avoid contact with people who have suspected or confirmed COVID-19
- Wear a mask or respirator (for example, N95)
- Increase space and distance (avoid crowded areas, or keep distance between yourself and others)

2

Seek care when needed

- Call your healthcare provider if you have any concerns about medical conditions or about having COVID-19. **If you need emergency help, call 911 right away.**
- Do not delay getting care for any existing medical conditions

3

Continue medications and preventative care

- Continue your medications as prescribed and do not change your treatment plan without talking to your healthcare provider
- Have at least a 30-day supply of your medications (both prescription and non-prescription)
- Follow your current treatment plan to keep your medical condition(s) under control
- Keep appointments with your healthcare provider, when possible
- Learn about stress and coping. It can be helpful to talk with a healthcare provider if you are experiencing increased stress.

4

Accommodate dietary needs and avoid triggers

- Have food options readily available that last for a long time without spoiling, and meet your needs based on your medical condition(s)
- Know the triggers of your medical condition and avoid them when possible

*Getting very sick (being severely ill) with COVID-19 means that a person is more likely to be hospitalized, need intensive care, require a ventilator to help them breathe, or die.¹¹

References

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