

# Pregnancy During the COVID-19 Pandemic

Pregnant women are at increased risk

**Call your healthcare provider to be tested for COVID-19 if you have the following symptoms:**

Fever, cough, shortness of breath, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste, or smell

**Women with COVID-19 can breastfeed if:**

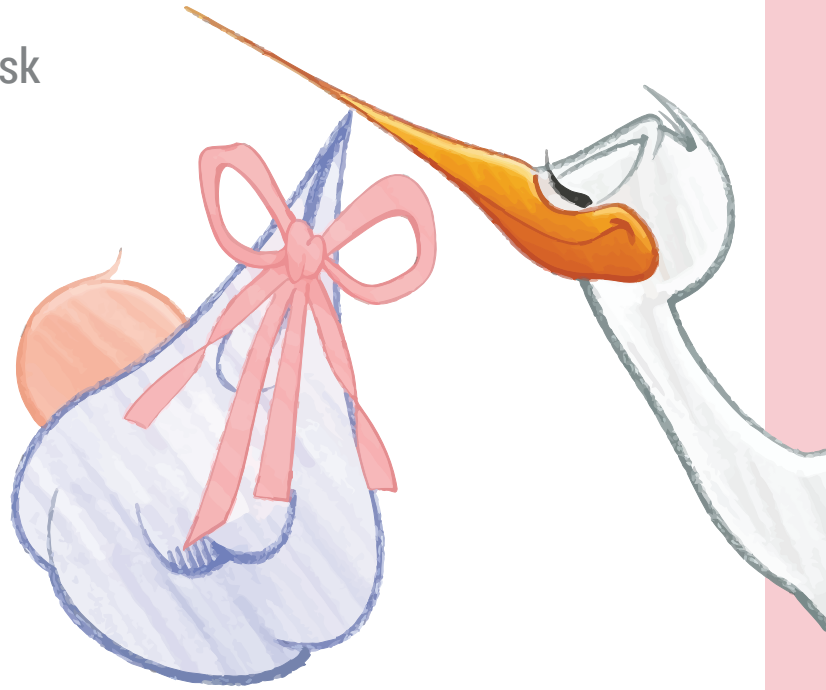
You, your family, and healthcare provider, decide to start or continue breastfeeding

**If you feel stressed, anxious, fearful or overwhelmed:**

- Take breaks from the news
- Take care of your body
- Make time to unwind
- Connect with others
- If you feel you need help please call (559) 600-WARM (9276)

**Protect yourself and your baby:**

- Wash your hands frequently
- Avoid touching your eyes, nose and mouth
- Stay home except for essential needs
- Put 6 feet of space between yourself and others
- Cough or sneeze into your bent elbow or a tissue
- Wear a mask if out for essentials
- Request a whooping cough (Tdap) vaccine



**For more information visit:**

[www.fcdph.org/COVID19](http://www.fcdph.org/COVID19) or call (559) 600-INFO (4636)