During pregnancy, your immune system is weaker. This may increase your risk of getting a virus like COVID-19.

Wash your hands regularly with soap and water.

Avoid contact with people who are sick.

Clean and disinfect objects you touch regularly.

Cough or sneeze into a tissue or your arm. Throw used tissues in the trash.

Try not to touch your eyes, nose or mouth.

If you have any of these symptoms, call your health care provider:
- Fever
- Cough
- Shortness of breath

If you are planning a trip, check for CDC travel advisories before leaving.

Go to cdc.gov/COVID19/ to stay up-to-date with the latest information.

Updated: MARCH 4, 2020