1. **Practice social distancing**—avoid crowds, mass transit and stay at least 6 feet from others. And stay home as much as possible.

2. **Ask your hospital or birth center** if support people (e.g. doula, spouses, family) are allowed in the delivery room.

3. If you’re in labor and have or may have COVID-19, **call the hospital** so staff can protect your baby and others from being infected.

4. If you have or may have COVID-19, you may be in a separate room from your newborn. If you’re not separated, **reduce the chance of infection** by washing your hands thoroughly and **wearing a facemask** before touching your baby.

5. If separated from your newborn and you want to **breastfeed**:
   - From a breast pump—wash your hands thoroughly before using. A healthy caregiver can feed the breast milk to your baby.
   - From your breast—wash your hands thoroughly and wear a facemask.

6. Take breaks from pandemic news, keep up with physical activity and try yoga and meditation to help reduce anxiety.

7. **Connect with those who matter most**. Tell your partner, family and friends how you’re feeling.

8. During the pandemic, keep to **a daily routine**. Take a shower, eat healthy, drink lots of water and get a good night’s sleep.

9. **You’re not alone**—reach out, share your story and talk to other expecting and new moms at [share.marchofdimes.org](http://share.marchofdimes.org)