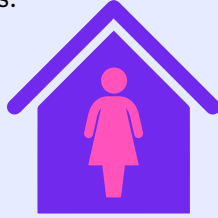


THINGS TO KNOW IF YOU'RE PREGNANT

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



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



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



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



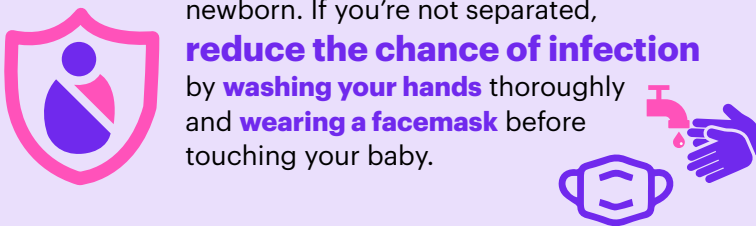
3 If you're in labor and have or may have COVID-19, **call the hospital** so staff can protect your baby and others from being infected.



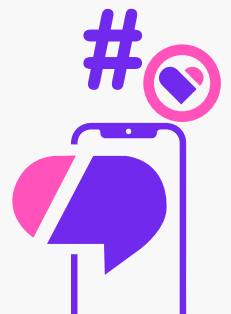
8 During the pandemic, keep to **a daily routine.** Take a shower, eat healthy, drink lots of water and get a good night's sleep.



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.



9 You're not alone—reach out, share your story and talk to other expecting and new moms at share.marchofdimes.org



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.



HEALTHY MOMS. STRONG BABIES.

