*Take steps to protect yourself from COVID-19

- **Pregnant women might be at an increased risk for severe illness from COVID-19**
- Don't skip your antenatal appointments during and after pregnancy.
- The PHCs are COVID free and it is safer to deliver at the hospital
- **Do not try to deliver at home. It is not safe. You may risk your life!**
- Risk of baby being affected is very low.
- Be carful while breast feeding if you have COVID. You can pump and have someone else to feed and care for the baby

- **Here are some General Protective Measures to Prevent COVID Infection**

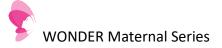- The virus is thought to spread mainly from person-to-person.

- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, and mouth with unwashed hands.

- Cover your mouth and nose with a mask when around others
  - o You could spread COVID-19 to others even if you do not feel sick.
  - o The mask is meant to protect other people in case you are infected.
  - o Everyone should wear a mask in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.

- **Inside your home:** Avoid close contact with people who are sick.
  - o If possible, maintain 6 feet between the person who is sick and other household members.
- **Outside your home:**
  - o Stay at least 6 feet (about 2 arms' length) from other people.
  - o Keeping distance from others is especially important for people who are at higher risk of getting very sick.
  - o Cover your mouth and nose with a mask when around others

- Cover coughs and sneezes
  - o **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
  - o **Throw used tissues** in the trash.
  - o Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

- **Clean AND disinfect frequently touched surfaces daily**. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
  - o **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath
- **Take your temperature** if symptoms develop

*Adopted from Center for Disease Control and Prevention:
https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html