



## WHAT SHOULD PREGNANT WOMEN DO TO AVOID THE CORONAVIRUS?

COVID-19 spreads mainly from person-to-person contact. Pregnant women should follow the same steps as others to protect themselves, including:

- Wash hands often with soap and water for at least 20 seconds.
- Clean hands with a hand sanitizer that contains at least 60% alcohol (rub hands together until they feel dry) if you can't wash with soap and water.
- Avoid touching your eyes, nose and mouth.
- Stay home as much as possible.
- Keep at least 6 feet away from other people if you need to go out.
- Avoid people who are sick.
- Clean and disinfect frequently touched surfaces in your home, such as doorknobs, light switches, phones, table tops, and toilets.

## WHAT SHOULD PREGNANT WOMEN DO IF THEY THINK THEY HAVE COVID-19?

If you have minor symptoms (fever or cough), please call **Swope Health** at **816-923-5800** for advice.

If you have emergency warning signs, please call **911** or go to the hospital immediately. Emergency warning signs include:

- Hard time breathing or shortness of breath (more than what has been normal during your pregnancy).
- Ongoing pain or pressure in your chest.
- Sudden confusion.
- Being unable to respond to others.
- Blue lips or face.

