# Take Steps to Stay Healthy if You Are Pregnant (60 sec.)

**Pregnant people are at an increased risk for severe illness from COVID-19.**

Pregnant people with COVID-19 might also be at increased risk for other problems, like preterm birth.

If you are pregnant, take steps to protect yourself from COVID-19.

- Limit interactions with people who might have COVID-19, including people in your household.
- When you do interact with people outside your household, wear a mask and stay at least six feet apart.
- Wash your hands often.
- Go to all your prenatal care appointments.
- Get your recommended vaccines.
- Make sure you have at least a 30-day supply of any medicines you take.
- Call your healthcare provider if you get sick, think you may be depressed, or have questions related to your pregnancy.
- If you don't have a healthcare provider, contact your nearest community health center or health department.
- Seek care **immediately** if you have a medical emergency.

To learn more, visit c-d-c dot gov slash coronavirus.