



Chisago County Health and Human Services Public Health Division



FOR IMMEDIATE RELEASE

(07/13/20)

How COVID-19 might be Affecting Pregnant Women

****MEDIA ADVISORY****

The CDC announced pregnant women can have a higher risk for getting very sick from COVID-19 than women who are not pregnant. People who are pregnant, and those who live with them, should consider their level of risk before deciding to go out and ensure they are taking steps to protect themselves and others. Consider avoiding activities where taking protective measures may be difficult, such as activities where social distancing can't be maintained. According to the CDC, the more people you interact with, the more closely you interact with them, and the longer that interaction, the higher your risk of getting and spreading COVID-19.

- If you decide to engage in public activities, continue to protect yourself by practicing everyday preventive actions.
- Keep these items on hand and use them when venturing out: a cloth face covering, tissues, and a hand sanitizer with at least 60% alcohol, if possible.
- If possible, avoid others who are not wearing cloth face coverings or ask others around you to wear cloth face coverings.

It is encouraged for pregnant women and those who live with them to isolate themselves the last 2-4 weeks of pregnancy. This is an effective way to avoid a possible positive COVID-19 test upon labor and delivery, and will keep you, the healthcare workers, and your baby safer. The CDC also recommends adhering to a prenatal care schedule and having at least a 30-day supply of any medications on hand. It is also critical for pregnant women to talk with their healthcare provider about how to avoid infection during the pandemic.

For the latest information about COVID-19 in Chisago County, visit @ChisagoCountyPublicHealth on Facebook or the [Chisago County COVID-19 Information Page](#).