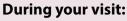# VISITING YOUR HEALTH CARE PROVIDERS WHILE PREGNANT DURING THE CORONAVIRUS (COVID-19) PANDEMIC

During COVID-19 it is important for everyone, including pregnant women, to practice safety precautions when visiting health care providers.

Contact your health care provider before your appointment:
- Let your doctor's office know if you are ill or have COVID-19 symptoms.
- Ask about any scheduling changes for your prenatal and postpartum visits. Some women may have fewer visits than normal to prevent the spread of COVID-19.
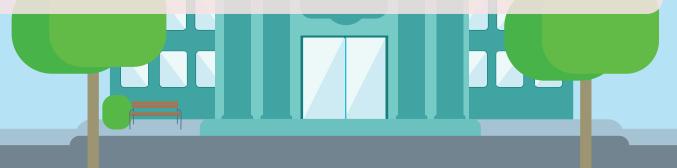
During your visit:
- Use a cloth face covering.
- Avoid touching your face.
- Bring disinfecting wipes to clean any surfaces you may need to touch.
- Keep a distance of at least 6 feet from others.
- After checking in, if practical and feasible, ask to be called on your cell phone for your appointment and wait in your car.
- If touchless payment options are not available, use hand sanitizer immediately after paying.
- Wash your hands for 20 seconds with soap and water when you get home.

Ask your health care provider how COVID-19 may affect your birth plan:
- *Are support persons still allowed in the delivery room?*
- *Will my health care team wear face masks?*
- *How many visitors are allowed after the delivery?*
- *Will my baby be able to stay in my hospital room?*

For the most up-to-date COVID-19 information and recommendations, visit the Centers for Disease Control and Prevention (CDC) website: https://www.cdc.gov/coronavirus/2019-ncov/index.html

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