# Pregnancy & COVID-19

Hi, I'm Dr. Elena Martinez, an OB/GYN Specialist at Kaiser Permanente. With the the world quickly evolving in response to coronavirus, many of you are concerned about COVID-19 and what you can do to keep yourself, and your pregnancy, healthy.

The important thing to know, is that based on most current information about COVID-19, pregnant women do not appear to have more serious complications or to be more likely to get infected than other people.

However, pregnancy is still a high-risk condition. Pregnant women experience changes in their immune systems that make them more likely to get viral respiratory infections like the flu. But there are proactive steps that you can take to protect your health.

Here's what you should always do:

Wash your hands often with soap and water for at least 20 seconds.

Hand sanitizer that is 60% or more alcohol-based also works when you can't get to soap and water.

Avoid people who are sick with cough, or fever, or shortness of breath.

Stay away from groups as much as possible and maintain social distancing of six feet when possible.

Wear a cloth face cover at all times in public, regardless of symptoms.

Avoid touching your eyes, your nose, or mouth with unwashed hands. If this is a habit, try putting some garlic or lemon on your hands to avoid it.

Cough or sneeze into a tissue or your elbow. If you use a tissue, throw it out and then wash your hands afterwards.

Although these are uncertain times following these safety precautions are an important step towards your well-being and that of your baby.