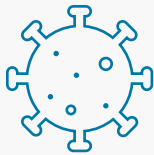


How can I protect myself when pregnant?

The basic protection against COVID-19 is the same for everyone, but it is even more important if you are pregnant.



Avoid situations where you are exposed to persons with COVID-19, especially avoid prolonged exposure (more than 15 minutes).



If you are a front line worker, talk to your employer about moving to a lower exposure type of work.



Wear a clean face mask to cover your nose and mouth.



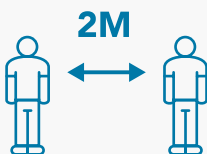
Don't touch or adjust your mask when it is on your face.



Remove your mask by holding onto the straps and pulling it carefully away from your face.



Wash your hands frequently and thoroughly.



Follow public health guidance about gatherings, whether indoors or outdoors.



Talk to your prenatal care provider about the COVID-19 vaccine, and other vaccines recommended during pregnancy.

More information:
pregnancyinfo.ca

