COVID-19
Coronavirus Disease

BETTER Health FOR BELIZE

Pregnant women have a higher risk of severe COVID-19 infection

If you are pregnant, you and the people you live with should take these steps to lower your risk of getting COVID-19:

- **Limit contact with other people as much as possible, especially if they are sick**
- **Stay away from all activities that make it hard to protect yourself**
- **Get your flu vaccine to protect from the common influenza which is caused by another virus but can cause symptoms similar to COVID-19**

When going out or meeting with others outside your immediate household:

Frequently wash your hands with soap and water for at least 40 seconds or use a hand sanitizer with at least 70% alcohol
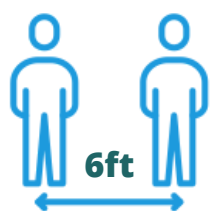
Stay at least 6 feet away from others outside your household

Wear a mask and avoid others who are not wearing masks

Avoid closed spaces and crowded places