

COVID-19

Coronavirus Disease



BETTER
Health
FOR BELIZE

Pregnant women are at higher risk of severe COVID-19

If you are about to have a baby, you should be supported to breastfeed safely and hold your newborn skin-to-skin.

Prenatal Care During COVID-19



Keep mobile and hydrated to reduce risk of blood clots



Exercise regularly and eat a healthy balanced diet



Attend prenatal clinic if the nurse or doctor tells you



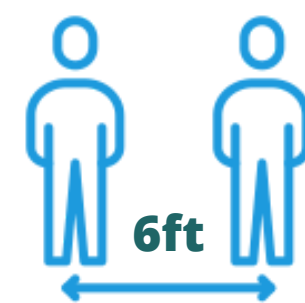
Maintain contact with your doctor or clinic



Take your prenatal vitamins and iron



Call by phone if you have any problems during pregnancy



Keep physical distance when visiting clinic



Wear a mask and wash hands frequently

Additional Tips:

- Limit face to face appointments if pregnancy is low-risk
- Have your nurse or doctor do screening tests while consulting so that visits are limited

If you are pregnant and you start with fever, cough or feel extra tired:

- Separate yourself from other people in your home
- Avoid leaving your home EXCEPT to get medical care
- Get medical care right away if you feel worse or it's an emergency



Call your doctor or the nearest health facility before going to clinic or hospital



Wear a face mask when you are around other people and when you go to get medical care



Avoid public transportation



PAHO

Pan American Health Organization World Health Organization REGIONAL OFFICE FOR THE AMERICAS

