What should I do if I think I have COVID-19 AND I am pregnant?

- Stay home when you are sick
- Wash your hands often with soap and water for at least 20 seconds
- Stay away from people who are ill, have underlying health conditions such as diabetes, heart disease, lung disease or a weakened immune system
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Clean and disinfect frequently touched objects and surfaces using a disinfectant household cleaning spray or wipe
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands). Then wash your hands.

How should I seek help?

If you think you have been exposed to the coronavirus and have a fever (100.4°F or higher) or cough, call your OB provider for advice.

If you have emergency warning signs, call 911 or go to the hospital right away. Emergency warning signs include the following:

- Having a hard time breathing (more than what has been normal for you during pregnancy)
- Pain or pressure in the chest
- Sudden confusion or unable to respond to others
- Blue lips or face

GO TO THE EMERGENCY ROOM ONLY if it is an EMERGENCY

- Emergency rooms are not for COVID-19 testing.
- Being in that setting increases your risk of exposure to infection.
- If you have symptoms like cough, fever, or respiratory problems, contact your OB provider or call the state call center below.

COVID-19 CALL CENTER: 877-215-8336
Or visit https://coronavirus.health.ok.gov/