

# Pregnancy During the COVID-19 Pandemic: Questions You Should Ask Your Health Care Provider

You will receive information while you are pregnant, including how care may be different during a pandemic, but you might still have questions. **It is important to write down questions you have and talk to your doctor, nurse, midwife, or doula to get the information you need.**

The best way to prepare to have a baby is to ask questions as soon as you have them. Here is a list of questions that you can ask at your next appointment. Add your own questions at the bottom. For more information, visit New Jersey's COVID-19 Information Hub at: <https://covid19.nj.gov/>.

- Am I at higher risk for COVID-19 because I am pregnant?**
- What are common symptoms for COVID-19?**
- What should I do if I have any of these symptoms?**
- If I have COVID-19, how will it affect my pregnancy, delivery, and baby?**
- Is it safe to get the COVID-19 vaccine if I am planning to get pregnant or I am already pregnant?**
- How will my care be different during the pandemic?**
- If I have a concern or emergency after your office is closed, is there someone I can call? If not, what should I do?**
- When I come to the office for a regular appointment, can I bring someone with me? What about bringing someone to an emergency appointment?**
- Are there birthing or parenting classes I can take?**
- During the pandemic, do I need to change my plans about where or how I have my baby?**
- How have policies changed at the hospital or place I plan to have my baby because of the pandemic?**



- Will I need to wear a mask during labor and delivery? Will I be allowed to move around while having my baby, like walking in the hallway?
- During labor and delivery and after delivery, one support person (such as a spouse, partner, family member, or friend) can be with me. My doula is also allowed to be with me. Can I have any other visitors?
- Before I have my baby, do I need to take a COVID-19 test?
- Will my support person need to be tested for COVID-19?
- How often are hospital and doctor's office staff tested for COVID-19?
- While I am having my baby, does my support person need to stay with me the whole time, or can they leave and come back?
- Who do I talk to if I am worried about how I am being treated?
- During the pandemic, is it safe to breastfeed my baby?
- What should I do to prepare to bring my baby home?
- If I am worried about my or my baby's personal safety at home, what can I do?
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This publication is supported by the [Health Resources and Services Administration \(HRSA\)](#) of the [U.S. Department of Health and Human Services \(HHS\)](#) as part of an award totaling \$10,361,110.00. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.

If you don't have a care provider, find community navigators or contact tracers here: <https://211.unitedway.org/services/covid19>.  
Find language translation and TTY services here: <https://www.nj.gov/humanservices/ddhh/services/caption/>.