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/](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?**
Pregnancy During the COVID-19 Pandemic: Questions You Should Ask Your Health Care Provider

☐ 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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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.