

# What You Need to Know About COVID-19

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## Free Exposure Information in Partnership with WIC

The COVID-19 pandemic has been a rapidly evolving situation, and over the last few months we've learned a little bit about how this novel virus may impact pregnancy. Recent studies have suggested that pregnant women who have COVID-19 might have a higher chance of becoming very sick compared to women who are not pregnant, including a higher chance of being admitted to intensive care and needing to be put on a ventilator (machine that helps you breathe). Having severe symptoms or complications from any illness might require pregnant women to deliver their babies sooner than expected (called preterm birth, or delivery before 37 weeks), which can be associated with long-term health problems for babies.

Contact our experts for a free personalized risk assessment on COVID-19 infection, its treatment and the vaccines to prevent against it. There's still a lot more we need to know the effects of both COVID-19 and COVID-19 vaccines during pregnancy and breastfeeding but we want you to have the most up-to-date information.

We provide free evidence-based info on exposures during pregnancy & while breastfeeding. ***Hablamos Español***



**UC San Diego**  
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Center for Better Beginnings

*"Our team has assembled up-to-date, evidence-based resources on COVID-19 infection and the COVID-19 vaccines. We hope pregnant women and their providers see the importance in helping the world understand this novel virus, its treatment and prevention."*

*Christina Chambers, PhD MPH, MotherToBaby Past President*

## Contact Us Today

**All information provided will be kept confidential. We will not disclose your personal information to anyone.**

**Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at [MotherToBaby.org](https://www.MotherToBaby.org).**

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Disclaimer: MotherToBaby Fact Sheets are meant for general information purposes and should not replace the advice of your health care provider. MotherToBaby is a service of the non-profit Organization of Teratology Information Specialists (OTIS). OTIS/MotherToBaby recognizes that not all people identify as "men" or "women." When using the term "mother," we mean the source of the egg and/or uterus and by "father," we mean the source of the sperm, regardless of the person's gender identity. Copyright by OTIS, January 30, 2021.