

# Protecting myself and my baby from Respiratory Viruses



## MY PERINATAL PLAN

These are the things I will do to stay healthy and limit the harms of respiratory infections:

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Wash my hands often with soap and water. Use hand sanitizer.      | <input type="checkbox"/> Get vaccinated against flu, RSV, and pertussis.            | <input type="checkbox"/> Watch for signs of infection.                               |
| <input type="checkbox"/> Wear a mask to help avoid infection when I'm out in public.       | <input type="checkbox"/> Get an annual booster shot for COVID-19.                   | <input type="checkbox"/> Test for COVID-19 if I was exposed or have symptoms.        |
| <input type="checkbox"/> Give my baby my milk. Breastfeeding helps their immune system.  | <input type="checkbox"/> Nourish my body with extra rest and healthy food.        | <input type="checkbox"/> Stay home when I can. Limit visitors. Avoid sick people.  |
| <input type="checkbox"/> Avoid crowds and places where others may be sick.               | <input type="checkbox"/> Follow medical guidance and attend all my appointments.  | <input type="checkbox"/> Stay up-to-date with my immunizations.                    |

When you're pregnant you have a higher risk of severe illness from respiratory viruses. But **there are things you can do to protect yourself and your baby** from flu, RSV (respiratory syncytial virus), pertussis (whooping cough) and COVID-19. You can get immunizations before, during, or after pregnancy. **Getting vaccinated provides protective immunity for you and your baby.**

## If I get a respiratory infection, I will...

- |   |   |
|---|---|
| <input type="checkbox"/> Ask for help taking care of myself and my baby.      | <input type="checkbox"/> Care for myself. Get lots of rest and nourishment.  |
| <input type="checkbox"/> Stay home and isolate so I don't spread infections.  | <input type="checkbox"/> Test for COVID-19 to figure out if I'm contagious.  |
| <input type="checkbox"/> Use a pulse oximeter to monitor my oxygen level.     | <input type="checkbox"/> Wear a mask to avoid infecting others.              |