

Pregnancy & KEEPING WELL DURING COVID-19

Welcoming a new baby into the family is a sacred time. The COVID-19 pandemic will impact how you plan for your birth. The ways your family and community can support you may be different than hoped. Here is how to keep you and your loved ones safe.

How To Stay Well

CONTACT A CARE PROVIDER AS SOON AS YOU KNOW YOU ARE PREGNANT.

Communicating with your care providers is the best way to share information and discuss how you are feeling. You know your baby and body best!

NOTICE HOW AND WHEN YOUR BABY MOVES.

Let your care provider know if there is anything concerning you.

STAYING ACTIVE DURING PREGNANCY IS HEALTHY AND RESTORATIVE!

Walking and going out on the land are great ways to get fresh air. Gentle stretches, yoga and workout videos are good options for indoors.

Moving your body, eating foods from the land, and connecting with cultural activities and teachings are all healthy during pregnancy.



Tips For Preventing COVID-19



Stay at home except for essential outings and time outdoors.



Wash your hands for **20 seconds** with **soap and water**.



Wear a face covering if you need to go out and stay 2m away from others.



Clean hard surfaces in the home frequently with **soap and water**.



Avoid those with symptoms like a **dry cough or a fever**.



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