

Pregnancy During the COVID-19 Pandemic: When to Call Your Doctor, Midwife, or Nurse

Being pregnant comes with a lot of feelings, changes, and worries. You may not know which feelings or symptoms are normal and which are not. This guide can help you know when you should call your doctor, midwife, or nurse during pregnancy and after you have your baby. When you call them, you will need to say your name, due date, and date of your last period.

While You Are Pregnant

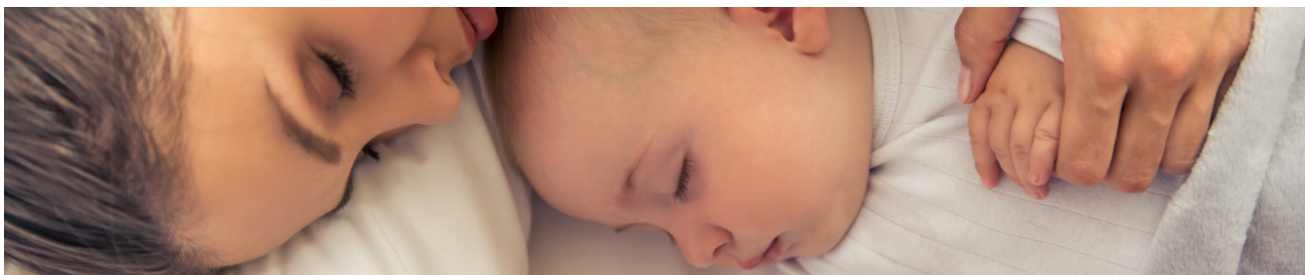
Call your doctor, midwife, or nurse immediately if you have any of the following:

- A sharp pain in your belly or belly pain that does not go away.
- A sudden, really bad headache that lasts longer than two hours.
- Real labor contractions. Contractions feel like a tightening or cramping in your belly. There are 2 types of contractions:
 - [Braxton Hicks contractions](#) are practice contractions that you may sometimes feel. These last a few seconds, don't get stronger, and go away when you move to a new position.
 - [Real labor contractions](#) will get stronger, last longer, and get closer together. These do not go away if you change positions.
- Your water breaks, or you see any bleeding or spotting.
- Any [signs or symptoms](#) of COVID-19, such as a headache that won't go away, difficulty breathing, a fever, or loss of taste or smell.



After You Have Your Baby

After you have your baby, your body may go through many changes that can increase your risk for serious health issues after pregnancy. Call your doctor, midwife, or nurse right away if you have any of the signs or symptoms in the table on the next page. These signs and symptoms are known as “Post-Birth Warning Signs” – you can read more about them on the next page and [here](#).



Post-Birth Warning Signs

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| <p>Call 911 If You Have</p> | <ul style="list-style-type: none"> • Chest pain • Difficulty breathing or you can't breathe • Seizures • Thoughts of hurting yourself, your baby, or someone else |
| <p>*Call Your Doctor Or Midwife If You Have</p> <p><small>*If you cannot reach your doctor or midwife, call 911 or go to the emergency room.</small></p> | <ul style="list-style-type: none"> • Bleeding that soaks through a pad in an hour or blood clots the size of an egg or bigger • An incision or cut from your pregnancy that is not healing. • A red or swollen leg, that is painful or warm when you touch it. • A temperature of 100 degrees Fahrenheit or higher • A headache that does not get better, even after taking medicine, or a bad headache that comes with vision changes • Feelings of sadness or anxiety that last more than a few weeks or continue to get worse • Feelings that prevent you from taking care of yourself or your baby at any time. These may be signs of postpartum depression or other illness • Any signs or symptoms of COVID-19, such as a headache that won't go away, shortness of breath, a fever, or loss of taste or smell |



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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/>.