

# Pregnancy During the COVID-19 Pandemic: Supplies and Resources You May Need During and After Pregnancy

During a pandemic, it might be hard to find supplies. **You can prepare by getting supplies and items you will need before you have your baby so you can be ready.** Some community groups, health care provider offices, Regional Health Hubs, and insurance companies have supplies at no or reduced cost if you qualify. Talk with your doctor, nurse, midwife, or doula about the supplies you will need and where to get them. Visit New Jersey's COVID-19 Information Hub at: <https://covid19.nj.gov/>.

To help you get started, below is a checklist of items you may need:

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| <input type="checkbox"/> <b>Baby wipes</b>   | <input type="checkbox"/> <b>Hand sanitizer or soap</b>                                   |
| <input type="checkbox"/> <b>Diapers</b>  | <input type="checkbox"/> <b>Peri-bottles</b>   |
| <input type="checkbox"/> <b>Nursing pads and nipple cream, if breastfeeding</b>            | <input type="checkbox"/> <b>Hygiene products, like menstrual pads</b>                    |
| <input type="checkbox"/> <b>Breast pump</b>  | <input type="checkbox"/> <b>Stool softeners</b>  |
| <input type="checkbox"/> <b>Milk storage containers, if pumping</b>                        | <input type="checkbox"/> <b>Thermometers, for adults and babies</b>                      |
| <input type="checkbox"/> <b>Formula and bottles, if expressing milk or formula feeding</b> | <input type="checkbox"/> <b>Blood pressure cuffs, if you'll be checking this at home</b> |
| <input type="checkbox"/> <b>Masks</b>  | <input type="checkbox"/> <b>Batteries for blood pressure cuffs</b>                       |

You may also need additional resources to help support you and your newborn at home. Here are some of the resources that you can talk to your doctor, nurse, midwife, or doula about:

- Review the list of the most common symptoms of COVID-19 for [adults](#) and [babies](#). Be aware that you could have COVID-19 but may not have any symptoms. Contact your doctor or nurse immediately if you notice any symptoms.
- Review [POST-BIRTH Warning Signs](#) to know if the symptoms you are feeling after birth are signs of something more serious, such as a headache that does not go away or temperature of 100.4° Fahrenheit or higher. Contact your doctor or nurse immediately if you notice any of these symptoms.
- Learn about [mood and anxiety disorders](#) and contact your doctor or nurse if you experience these symptoms. Join a support group offered by [Postpartum Support International NJ](#), the Maternal and Child Health Consortia (in [Northern NJ](#) and [Southern NJ](#)), or your local hospital.

- Learn how to [check your blood pressure or temperature at home](#).
- Learn how to do [fetal kick counts](#) at home starting at 27 weeks (third trimester).
- Learn how to [check your baby's diapers](#) to see if they are getting enough milk.
- Follow safe sleep practices for infants by reviewing [Back to Sleep](#) recommendations.
- Contact a [nurse](#) or [lactation consultant](#) if you need help breastfeeding at home. Some services may be available for free.
- Join a new parent or breastfeeding online support group. Here are some support groups to help you get started: [ZipMilk](#), in [Northern NJ](#), in [Central NJ](#), and in [Southern NJ](#).
- Consider [birth control options](#). During the last four weeks of your pregnancy, talk with your doctor or nurse about what is right for you.
- Explore [New Mom Health](#) and [Sister Song](#) for information on topics such as recovery, breastfeeding and breast pain, when to call for help, birth control, and more.
- Manage stress and anxiety brought on by the pandemic with resources from the [Centers for Disease Control and Prevention](#) and [NJ 2-1-1](#).
- Read the [New Jersey Resource Guide](#) for information on food bank locations, emergency housing and financial hardship assistance, and more.



This publication is supported by the [Health Resources and Services Administration \(HRSA\)](#) of the [U.S. Department of Health and Human Services \(HHS\)](#) as part of an award totaling \$10,361,110.00. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.

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/>.