



## ASK THE EXPERTS

We're gathering leading public health experts for live events to get you answers.

Watch our past events

- [FAQs coronavirus and pregnancy](#)
- [Expecting during the pandemic](#)
- [Tips to relieve stress and anxiety](#)

Follow us on [Facebook](#) for new events



## STAY INFORMED

Check out our content for up-to-date, trusted advice and information. Follow [@MARCHOFDIMES](#) on your favorite social channels.

### MARCHOFDIMES.ORG

Our [website](#) is packed with [pregnancy](#) and [infant](#) health information to help you navigate your journey to parenthood. We're also making updates to help you understand [COVID-19](#) and its impact.

- [What we know about COVID-19 and pregnancy so far](#)
- [Tips to help navigate your pregnancy and delivery](#)
- [Advice if your baby is currently in the NICU](#)
- [What to do if you become infected](#)

### NEWS MOMS NEED BLOG

Our award-winning [blog](#) is here when you need it most. COVID-19 specific posts are being added frequently, plus answers to your common pregnancy questions.

- [What you need to know about coronavirus and pregnancy](#)
- [Coronavirus: How to cope with stress and anxiety](#)
- [Preparing for labor and delivery during COVID-19](#)
- [Taking care of your mental health while your baby is in the NICU](#)

**Need our content in Spanish? Visit [nacersano.org](#) and our [nacersano blog](#)**



## GET THE FACTS

There's a lot of information out there. Know your source and look for advice from our other trusted partners.

[Centers for Disease Control and Prevention](#)  
[World Health Organization](#)  
[American Academy of Pediatrics](#)  
[American College of Obstetricians and Gynecologists](#)

## FIND SUPPORT

COVID-19 social restrictions and rules are changing our daily life. This can make you feel isolated or confused. Find support with our March of Dimes community.

### ONLINE COMFORT AND SUPPORT

Join our [online support groups](#) to boost your virtual village.

See our flyers to share with those in need:

- [Virtual Support Communities](#)
- [Virtual Support Communities in Spanish](#)



### MY NICU BABY APP

Our [App](#) is now updated with content on COVID-19 to help during your NICU experience, available in [Spanish](#).

### NAVIGATING DELIVERY

Use our updated [birth plan](#) to help prepare for delivery and communicate with your provider, available in [Spanish](#).

## ENSURE A VOICE

We're standing up for moms and babies to advocate for the care and support they need.

- [CARES Act Summary](#)
- [Families First Act Summary](#)
- [Position of Support for Laboring Women](#)
- [Telehealth in Maternal and Child Healthcare](#)



Learn more about our maternal and infant [policies and positions](#)

## FIND ANSWERS

Current appropriations for COVID-19 research doesn't specifically allocate funds for interventions that pregnant or lactating women may be able to use. We'll support research and help fast track the development of interventions, such as a vaccine, for COVID-19 that are safe for pregnant and lactating women. Learn more about our [COVID-19 Fund](#).



## SPREAD THE WORD

Help us ensure moms and families get access to the trusted information they need. Share our content with your networks and on your social channels, and use it to help your workplace or community to stay healthy.

- Use our COVID-19 Things to Know if Pregnant [infographic](#) or [video](#)
- Help promote [preventative measures](#) to ensure expecting and new moms stay safe, also available in [Spanish](#).

