

PREGNANCY AND COVID-19

Are pregnant women at higher risk for COVID-19?

- We do not currently know if pregnant people have a greater chance of getting COVID-19, or if they are more likely to have serious illness as a result of infection.
- Based on available information, **pregnant people seem to have the same risk as adults who are not pregnant.**

What about my baby?

- Mother-to-child **transmission of coronavirus during pregnancy is unlikely.**
- After birth, a newborn is susceptible to person-to-person spread of COVID-19.



Best Practices for Pregnancy during COVID-19

- Keep healthy, well balanced meals in stock.
- Consider food delivery services when necessary.
- Enact self-isolation and social distancing as much as possible.
- Stock up on essential medications and vitamins.
- Consider delivery from your pharmacy if possible.
- Stay active and try to incorporate virtual physical activity (via YouTube, apps, video chats) with family and friends.



Breastfeeding Care During COVID-19

- **In limited studies, COVID-19 has not been detected in breast milk;** however, we do not know for sure whether mothers with COVID-19 can spread the virus via breast milk.
- If you have symptoms of COVID-19, follow CDC guidelines (listed on the following page) and also adhere to these measures:
 - Wear a face mask during feeding.
 - Wash hands before touching breast pumps and bottles.
 - Allow someone who is well to bottle-feed breastmilk in mom's place.



STEPS TO PROTECT YOURSELF AND OTHERS



Clean your hands often



Avoid close contact



Stay home if you're sick



Cover coughs and sneezes



Wear a facemask if you are sick



Clean and disinfect

Coping with Stress and Anxiety

- Take care of your body and baby, and get enough rest.
- Try a daily meditation or just take some isolated quiet time to yourself to unwind.
- Unplug from social media and the news cycle.
- Keep in touch virtually with friends and family.



Contact your Health Care Provider for guidance regarding appointments and any other concerns during this time.

Content sourced from the Centers for Disease Control and Prevention and the American College of Obstetrics and Gynecology.

WHERE SHOULD I GO FOR THE MOST UP-TO-DATE INFORMATION?



www.cdc.gov/coronavirus



1-855-600-3453
Coronavirus Hotline



www.coronavirus.gov



www.ihs.gov



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