

Pregnancy, Birth & Caring for Baby

During COVID-19

Pregnancy

What to know:

So far, pregnant people do not appear to be at greater risk for illness and complications from COVID-19 than other adults who are not pregnant. It is also unlikely that your baby will get COVID-19 while you are pregnant. It's always important to protect yourself from illness during pregnancy so complications don't develop.

If confirmed or suspected COVID-19 positive:

If you experience any of the following symptoms, call 9-1-1:

- Trouble breathing (more than what has been normal for you during pregnancy)
- Ongoing pain or pressure in chest
- Sudden confusion
- Being unable to respond to others
- Blue lips or face



Labor and Delivery

What to know:

Talk with your healthcare provider about what will happen during labor, delivery, and postpartum in regards to new or changed policies due to COVID-19. After your baby is born, it is possible for your baby to get sick with COVID-19. Discuss your options with your healthcare team and make a decision that feels right to you.

If confirmed or suspected COVID-19 positive:

Your provider may recommend one of the following:

- **Rooming with your baby**
Wear a face mask or cloth face covering and wash your hands before holding or being close to your baby
- **Rooming apart from your baby**
Your provider may recommend that a person who is not sick care for your baby until you are no longer able to pass COVID-19 to other people



At Home

What to know:

If you have COVID-19 when you and your baby go home from the hospital, you may need to take precautions to prevent passing it to your baby.

If confirmed or suspected COVID-19 positive:

Ask your provider whether you should room with your baby or room apart from your baby upon returning home. Continue physical distancing practices with people outside your household.

While you have COVID-19, the following tips can help prevent spreading it to your baby during feedings:

- Wear a face mask or covering while feeding
- Wash your hands before feeding
- Nursing and bottle feeding with breast milk is still recommended

