

Pregnancy and Breastfeeding During the COVID-19 Pandemic

Risk to the Pregnancy and to the Baby

Pregnant women seem to have the same risk of getting COVID-19 as an adult who is not pregnant, however:



Pregnant women have had higher risk of severe illness when infected with viruses from the same family as COVID-19 and other viral respiratory infections like influenza.

It is always important for pregnant women to protect themselves from illnesses.

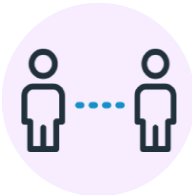
Mother-to-Child Transmission



Transmission of COVID-19 to the baby during pregnancy is unlikely, but newborns are vulnerable to person-to-person transmission.

COVID-19 has not been detected in maternal samples such as breast milk.

Protect Yourself from COVID-19 When You're Pregnant



Keep a distance of at least 6ft between you and others, and avoid people that are sick or have been exposed to the virus.

Wash your hands often or use alcohol-based hand sanitizer.

Clean and disinfect frequently-touched surfaces, daily.

Labor and Delivery

- Discuss hospital requirements around separation of newborn babies from diagnosed COVID-19 mothers, with your doctor.
- Ask about visitation guidelines.

Breastfeeding When You Have COVID-19

- The COVID-19 virus has not been detected in breast milk, but experts do not know if the virus can be spread through breast milk if the mom is infected
- Talk to your provider about your options for feeding your baby.
- While you are sick:
 - Wear a facemask and wash your hands before each feeding.
 - Consider expressing breast milk or using a pump.
 - Wash your hands before touching the pump or bottle parts
 - After each use of the pump, clean all parts before next use.
 - If possible, have someone who is not sick feed the child.
- Remember, your provider can refer to a breastfeeding consultant who can help with breastfeeding, including use of a breast pump.



Sources:

WHO - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

CDC - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

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