



Pregnancy

We do not currently know if pregnant people have a greater chance of getting sick from COVID-19 than the general public nor whether they are more likely to have serious illness as a result. Based on available information, pregnant people seem to have the same risk as adults who are not pregnant.

However, we do know that

- Pregnant people have changes in their bodies that may increase their risk of some infections.
- Pregnant people have had a higher risk of severe illness when infected with viruses from the same family as COVID-19 and other viral respiratory infections, such as influenza.



Pregnant people should protect themselves from COVID-19

- Avoid people who are sick or who have been exposed to the virus.
- Clean your hands often using soap and water or alcohol-based hand sanitizer.
- Clean and disinfect frequently touched surfaces daily.



Risks to the pregnancy and to the baby

- Pregnant people have had a higher risk of severe illness when infected with viruses from the same family as COVID-19 and other viral respiratory infections, such as influenza.
- It is always important for pregnant people to protect themselves from illnesses.

Mother-to-child transmission

- Mother-to-child transmission of coronavirus during pregnancy is unlikely, but after birth a newborn is susceptible to person-to-person spread.
- A very small number of babies have tested positive for the virus shortly after birth. However, it is unknown if these babies got the virus before or after birth.
- The virus has not been detected in amniotic fluid, breastmilk, or other maternal samples.



Breastfeeding if you have COVID-19

- Breast milk provides protection against many illnesses and is the best source of nutrition for most infants.
- You, along with your family and healthcare providers, should decide whether and how to start or continue breastfeeding.
- 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 are sick and choose to direct breastfeed:
 - Wear a facemask and wash your hands before each feeding.
- If the you are sick and choose to express breast milk:
 - Express breast milk to establish and maintain milk supply.
 - A dedicated breast pump should be provided.
 - Wash hands before touching any pump or bottle parts and before expressing breast milk.
 - Follow recommendations for proper pump cleaning after each use, cleaning all parts that come into contact with breast milk.
 - If possible, consider having someone who is well feed the expressed breast milk to the infant.

