



## COVID-19 & PREGNANCY

### WHAT IS COVID-19?

COVID-19 (coronavirus) is a disease that can spread through the air (coughing and sneezing), close personal contact, or by touching areas of your face without washing your hands after coming into contact with the virus.

Symptoms may appear 2-14 days after someone is exposed and can include:

- Fever
- Cough
- Shortness of breath

*If you suspect you are sick, you should contact your healthcare provider or call the Georgia COVID-19 hotline at: (844) 442-2681.*

While experts are still learning about the spread and severity of COVID-19, people should seek medical attention if they experience trouble breathing, confusion, persistent chest pain, or bluish lips or face.

## COVID-19 & PREGNANCY

Scientists are conducting research to better understand the effects of COVID-19 on pregnant women and their infants. To date, experts do not know if pregnant women are more susceptible to COVID-19 or face increased risks if they test positive. Although pregnant women are at greater risk of illness from similar conditions such as the flu. Additionally, to date no infant born to mothers with COVID-19 have tested positive and the virus has not been found in samples of amniotic fluid or breast milk (small number of cases).

### CDC Guidelines on Pregnancy & Guidelines

It is important that pregnant and postpartum women protect themselves and their infants. Women are encouraged to take recommended precautions against the spread including:

- Wash hands with soap and water for at least 20 seconds
- Cover coughs or sneezes with tissue or elbow
- Avoid close contact with people who may be sick
- Clean frequently touched surfaces
- Avoid touching eyes, nose, and mouth
- Stay home if sick except to seek medical care



## CORONAVIRUS DISEASE 2019 (COVID-19)

You can prevent the spread of respiratory illnesses with these simple actions:

- Wash your hands often with soap & water for at least 20 seconds.
- If soap & water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched areas and objects often.

Visit [www.cdc.gov/coronavirus/2019-ncov/index](http://www.cdc.gov/coronavirus/2019-ncov/index) for more information.

## INFANTS & COVID-19

To keep infants protected from COVID-19, the CDC recommends mothers thoroughly wash their hands before touching their infant. Based on current information, the CDC has set out temporary guidelines for mothers who have tested positive or are suspected of having COVID-19 (this guidance is subject to change). It is recommended that mothers:

- Wash their hands before touching their infant
- Consult their healthcare providers on breastfeeding guidance
- Wear a face mask while feeding if they are sick or suspected of being sick
- If using a breast pump, thoroughly clean the pump
- If possible, have someone who is healthy feed the infant

*Mothers who have tested positive or are suspected of having COVID-19 should follow these guidelines for caring for their infant.*



# ADDITIONAL RESOURCES & INFORMATION

- [Georgia Department of Public Health COVID-19 Resource Page](#)
- [CDC COVID-19 Resource Page](#)
- [World Health Organization Pregnancy & COVID-19 Q&A](#)
- [March of Dimes COVID-19 Info Page](#)
- [ACOG Coronavirus \(COVID-19\), Pregnancy, and Breastfeeding](#)
- [COVID-19 Fact Sheets \(30+ Languages and Includes Pregnancy\)](#)
- [Baby Center - Coronavirus Pregnancy FAQ](#)
- [Every Mother Counts - COVID-19 Resource Hub](#)
- [AWHONN COVID-19 Resource Page](#)
- [DONA International COVID-19 & Doulas](#)
- [KFF Special Considerations for Pregnant Women](#)
- [Pregnancy Coronavirus Outcomes Registry](#)

If a woman with **COVID-19** is too unwell to breastfeed, she can be supported to safely provide her baby with breastmilk in other ways, including by:



Expressing milk



Relactation



Donor human milk



Women with **COVID-19** can **breastfeed** if they wish to do so. They should:



Practice respiratory hygiene and wear a mask



Wash hands before and after touching the baby



Routinely clean and disinfect surfaces

Relactation is when someone restarts breastfeeding after a gap. She may have not breastfed for several days, weeks, months or years. Why do it? You might have stopped breastfeeding earlier than you wanted, or you may have changed your mind. You might have been separated from your baby or your baby might have been ill.

# MYTHS/FACTS ABOUT COVID-19 & PREGNANCY

COVID-19 is a new disease that experts are continuing to learn about. As a result, you may see all types of information that may or may not be true. It is important to consider how trustworthy a source is before believing what you read. Sources to trust include the [CDC](#), [World Health Organization \(WHO\)](#), [Georgia Department of Public Health](#) and provider organizations ([ACOG](#), [AWHONN](#), [DONA](#), [AAP](#), [GOGS](#), [ACNM](#)). Below are some common myths related to COVID-19.

*Myth: Being able to hold your breath for 10 seconds without coughing or feeling discomfort means you do not have COVID-19.*

**Fact:** The best way to test for COVID-19 is by taking a laboratory test from a healthcare provider. A breath test is not only dangerous, but also unreliable.

[Source](#)

*Myth: Pregnant women with COVID-19 need to give birth by C-section.*

**Fact:** C-sections should only be performed when they are medically needed and should be performed based on the mother's health and preference.

[Source](#)

*Myth: Women with COVID-19 cannot breastfeed.*

**Fact:** To date, the virus has not been found in mothers' breast milk. Women with COVID-19 can breastfeed if they wear a mask (if available), wash hands thoroughly before, and clean the surfaces they touch.

[Source](#)

*Myth: Due to COVID-19 and possible stocking shortages, infant formula companies will send free formula if you call the number on the back of the can.*

**Fact:** The National WIC Association has confirmed that formula companies are not sending free cans of formula for people that call their number.

[Source](#)

*Myth: WIC is cancelling EBT cards and sending emergency cards for the COVID-19 pandemic.*

**Fact:** In some places, people will receive EBT vouchers in the mail with additional benefits so that they do not have to come into the WIC clinic. The vouchers that states are sending out are regular EBT vouchers, not emergency EBT cards.

[Source](#)



Healthy Mothers, Healthy Babies Coalition of Georgia (HMHBGA) would like to recognize the following partner organizations for their contributions to this toolkit. Their expertise, time, and dedication to ensuring families are connected to the resources they need during the COVID-19 crisis furthers our mission of improving maternal and infant health through advocacy, education, and access to vital resources.

- A Better Balance
- Atlanta Birth Project
- Bellies to Babies Foundation
- Center for Black Women’s Wellness
- Center for Reproductive Rights
- Emory University
- Feminist Women’s Health Center
- Georgia Early Education Alliance for Ready Students
- Georgia OBGyn Society
- Georgians for a Healthy Future
- Majaica, LLC
- March of Dimes Georgia
- Morehouse School of Medicine
- Nurse-Midwives of Georgia
- SisterSong
- Twin Mommy, LLC
- Voices for Georgia’s Children



**The Atlanta Birth Project**

