

# Pregnancy, Labor & Delivery Reassurance During SARS-CoV-2



## Risks to Mother & Baby

- It is currently unknown if pregnancy increases the risk of COVID-19 infection
- Based on recent data pregnant people have the same risk as the general public
- Otherwise pregnant people have had an increased risk of severe illness when infected with viruses in the COVID-19 family
- This is due to changes in the immune system and body, making it more vulnerable to respiratory infection

## Precautions & Protective Measures

- Avoid people who are sick or who have been exposed to the virus
- Wash hands frequently with soap and water or hand sanitizer
- Clean and disinfect frequently touched surfaces daily
- Avoid touching your eyes, nose and mouth
- Keep space between yourself and others
- Practice respiratory hygiene when coughing, sneezing, or blowing your nose
- Seek early medical attention if you develop a cough, fever, or have difficulty breathing
- Call first before going to a medical facility

## Mother-To-Child Transmission



- It is currently unknown if the virus can be passed from mother to fetus during pregnancy or labor
- Current data states that pregnancy transmission is unlikely, however newborns are susceptible to infection from person-to-person spread
- A very small number of babies have tested positive shortly after birth, and it is unclear if they contracted the virus before or after birth
- There has been no detection of the virus in amniotic fluid, breast milk, or other maternal samples

## If You Are Pregnant & Diagnosed with COVID-19...

- Stay home unless there is a need for medical care
- Speak with your health care team over the phone before going to an office
- Separate yourself from others in the home
- Continue to receive routine care appointments
- Wear a face mask when around other people and while receiving medical care

## Labor & Delivery Justice

- Check with your ob-gyn about your desired birth plan to make sure that changes do not need to be made to the method or timing of delivery
- The ACOG states that the safest place to give birth is in a hospital, hospital-based birth center, or accredited free-standing birth center
- Due to most facilities limiting the number of visitors and support persons, make sure to check how many are allowed during your labor and delivery
- Be sure to mention if you are planning on having a doula with you during birth, they may or may not count as a visitor

