COVID-19 AND PREGNANCY QUESTIONS AND ANSWER

I am pregnant, will I have the same symptoms as non-pregnant individuals?

Symptoms during pregnancy are similar to those in the general public and can range from mild to severe. Symptoms of COVID-19 infection can include:

- **Dry cough**
- **Sore throat**
- **Fever**
- **Diarrhea**
- **Fatigue**

I am pregnant, am I at higher risk of contracting COVID-19?

Information is limited, but right now there is no evidence that you are at higher risk of severe illness than the general population.

However, due to changes in your body and immune system during pregnancy, you can be badly affected by some respiratory infections.

It is important that you take precautions to protect yourself against COVID-19, and report possible symptoms (including fever, cough or difficulty breathing) to your healthcare provider.

I am pregnant, how can I protect myself?

You can help protect yourself by:

- **Washing your hands frequently** with an alcohol-based hand rub or soap and water.
- **Keeping space between yourself and others** and avoiding crowded spaces.
- **Avoiding touching your eyes, nose and mouth.**
- **Practicing respiratory hygiene**. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

If you have fever, cough or difficulty breathing, seek medical care early. Call **811** before going to a health facility, and follow the directions of your local health authority.

I am pregnant with COVID-19, what happens now?

If you are pregnant with a mild case typically you can monitor your condition at home. Symptoms can be treated with over-the-counter medications such as acetaminophen for fever and muscle aches. Although Tylenol is safe for use during pregnancy, call 811 or your health centre to speak with a health professional before taking any medications.

Stay in touch with your Primary Health Care Provider and seek medical care right away if symptoms worsen, particularly shortness of breath.

Content source: Centre for Disease Control and WHO International

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What effect does COVID-19 have on my unborn child or my newborn?

We do not know at this time if COVID-19 would cause problems during pregnancy or affect the health of your baby after birth. We still do not know if a pregnant woman with COVID-19 can pass the virus to her fetus or baby during pregnancy or delivery. To date, the virus has not been found in samples of amniotic fluid or breastmilk.

Studies have looked at women who had infections in the second and third trimester. Women who have been infected in the first trimester have not delivered yet. More research is needed to provide conclusive evidence.

Can I touch or hold my newborn if I have COVID-19?

Yes. Close contact and early, exclusive breastfeeding will help your baby to thrive. You should be supported to:

- Breastfeed safely, with good respiratory hygiene;
- Hold your newborn skin-to-skin, and
- Share a room with your baby

Can I breastfeed with COVID-19?

Yes. If you have COVID-19, you can breastfeed if you wish to do so. There is no evidence that the virus is found in breastmilk.

You should:

- Practice respiratory hygiene during feeding, wearing a mask where available;
- Wash hands before and after touching your baby;
- Routinely clean and disinfect surfaces you have touched.

I have COVID-19 and I am too unwell to breastfeed my baby, what can I do?

If you are too unwell to breastfeed your baby due to COVID-19 or other complications, you should be supported to safely provide your baby with breastmilk in a way possible, available, and acceptable to you. This could include:

- Expressing milk;
- Re-lactation;
- Donor human milk

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