

You Were Exposed to COVID-19, and are pregnant or breastfeeding. Now What?



Are pregnant women more at risk for COVID-19?

Based on what we know at this time, pregnant women might be at increased risk for severe illness from COVID-19 compared to non-pregnant women.

In an analysis of approximately 400,000 women aged 15–44 years with symptomatic COVID-19, intensive care unit admission, invasive ventilation, extracorporeal membrane oxygenation, and death were more likely in pregnant women than in non-pregnant women. View report at <https://go.usa.gov/x7KkK>.

What are the symptoms of COVID-19?

Some common symptoms of COVID-19 include:


- Fever or chills*
- Cough*
- Shortness of breath or difficulty breathing*
- Sore throat*
- New loss of taste or smell*
- Muscle or body aches*
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Fatigue
- Headache

*These symptoms are criteria to get tested for COVID-19.

Symptoms can range from mild to more severe, and in some cases, may require medical care. There are many illnesses that have these same symptoms, so even if you have them, you may not have COVID-19.

Actions to take if you are pregnant and have been exposed to COVID-19:

- Wash your hands frequently, rest, and drink plenty of fluids.
- Do not skip your prenatal care appointments during quarantine. Notify your prenatal provider, and advise them of your quarantine status
- Make sure that you have at least a 30-day supply of your medicines.
- If you don't have a healthcare provider, contact your nearest hospital or health department.
- Call your healthcare provider if you have any questions related to your health, or the health of your unborn baby.
- Seek care immediately if you have a medical emergency. **Do not delay getting emergency care because of COVID-19.**
- You may feel increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions. Reach out for help. Several resources are available.
 - The Emotional Health Relief Hotline: 833-442-2211
 - UtahStrong - free help for COVID-19 related stress: 385-386-2289
 - Davis Behavioral Health: 801-773-7060
 - Maternal Mental Health Referral Network:
maternalmentalhealth.utah.gov



Pregnant women **may be at increased risk** for severe illness from COVID-19 compared with non-pregnant women

Pregnant women and their families should take steps to **stay healthy** and **reduce their risk** for getting COVID-19

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How to protect your baby while breastfeeding if you have been exposed to COVID-19:

- Limit the exposure that your baby gets
- Wash your hands before touching your baby
- Wear a cloth face covering, if possible, while feeding at the breast
- Wash your hands before touching pump or bottle parts and clean all parts after each use

Can I breastfeed if I test positive for COVID-19?

We do not know for sure if mothers with COVID-19 can spread the virus to babies in their breast milk, but the limited data available suggest this is not likely. Breast milk provides protection against many illnesses and is the best source of nutrition for most infants.

If you have COVID-19 and choose to breastfeed:

- Wear a cloth face covering while breastfeeding and wash your hands with soap and water for at least 20 seconds before each feeding.
- If you have COVID-19 and choose to express breast milk:
 - Use a dedicated breast pump (not shared).
 - Wear a cloth face covering during expression and wash your hands with soap and water for at least 20 seconds 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, expressed breast milk should be fed to the infant by a healthy caregiver who does not have COVID-19, is not at high-risk for severe illness from COVID-19, and is living in the same home.

Visit this CDC link if you are pregnant or breastfeeding for additional information:
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>

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