

Coronavirus (COVID-19) Pregnancy FAQs

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I'm pregnant and have questions about Coronavirus:

Can I pass Coronavirus to my baby?

I'm scared I'll get Coronavirus while pregnant. What can I do to protect myself?

I am pregnant and have questions about what appointments I need to attend during this pandemic. Who should I call?

To avoid going out, should I skip my prenatal visits?

Is it safe to continue fertility treatments?

I'm feeling Coronavirus symptoms and I'm pregnant. What should I do?

When it's time to deliver, what steps may have changed at the hospital?

What is the visitor policy at my hospital? I don't want to deliver alone.

With hospital restrictions in place, should I consider a home birth?

Should I get induced early because of Coronavirus?

If I'm breastfeeding, can I transmit Coronavirus to my baby?

Will I be discharged earlier to make space in the hospital?

I don't feel any symptoms, but should I get tested for Coronavirus anyway?

Will I need a cesarean delivery if I have Coronavirus?

I tested positive for Coronavirus while pregnant. What now?

I've brought my baby home and I'm having a hard time adjusting, especially without my support system available. How do I get help?

After I deliver, will I be separated from my baby?

I have Coronavirus and am near my due date. What happens when I go into labor?

My pregnancy and childbirth classes were cancelled. Do I have any other options?

While pregnant, am I at greater risk of contracting Coronavirus?

There is not much data on Coronavirus and pregnancy. Although, if you're experiencing a low-risk pregnancy, with no other medical concerns, you're at no greater risk than a non-pregnant person. If you were to contract Coronavirus, you'll likely recover just like any other low-risk person would.

CDC recommends following these guidelines: Stay home, practice social distancing, wash your hands often, and don't touch your face.

Can I pass Coronavirus to my baby?

Unfortunately, there's not much data on this right now. However — in the few cases that have occurred — Coronavirus didn't pass from mom to baby. There's also no evidence of the virus in breast milk and amniotic fluid.

I'm scared I'll get Coronavirus while pregnant. What can I do to protect myself?

Keep the CDC's guidelines in mind:

- Stay in your home.
- Practice social distancing.
- Wash your hands or use hand sanitizer often.
- Avoid touching your face.

Reach out to your doctor for other precautionary steps if you have a chronic medical condition.

I am pregnant and have questions about what appointments I need to attend during this pandemic. Who should I call?

Call your OB and/or PCP about your care and appointments as early in your pregnancy as possible. Additionally HHO offers the Maternal Outreach Management Program (MOMs Options Program), where you can be connected with a Care Coordinator who can assist with all of your maternity needs; helping you schedule appointments, providing education, and connecting you with community resources. You can call the member services number on the back on you HHO ID card to enroll.

To avoid going out, should I skip my prenatal visits?

No, continue to go to your visits. They're important to ensure you and your baby are healthy. Reach out to your OB to see what virtual options may be available to you.

Is it safe to continue fertility treatments?

Yes — you can continue your treatments, but reach out to your OB or fertility specialist for more information.

I'm feeling Coronavirus symptoms and I'm pregnant. What should I do?

First, stay in your home and distance yourself from others. Then, call your OB. Your doctor can evaluate you over the phone and will give you appropriate next steps.

When it's time to deliver, what steps may have changed at the hospital?

Call your OB for answers on your specific labor and delivery questions. Many hospitals are following strict protocols out of safety concerns for patients — just like you and your baby.

What is the visitor policy at my hospital? I don't want to deliver alone.

Contact your OB or the hospital where you're delivering for more details. In most cases, hospitals are allowing only one visitor in the labor and delivery area. This is hard, but it's done to keep patients safe.

With hospital restrictions in place, should I consider a home birth?

Delivering your baby in a hospital is still the safest option. Hospitals provide comprehensive medical care and can handle any concerns that may arise.

Should I get induced early because of Coronavirus?

No — the pandemic should not change your delivery. Talk to your doctor about any specific medical concerns.

If I'm breastfeeding, can I transmit Coronavirus to my baby?

While there's limited data on this, there's no evidence that the virus can be transmitted through breast milk.

Will I be discharged earlier to make space in the hospital?

You'll be able to leave the hospital one day after a vaginal delivery or two days after a caesarean if you are healthy.

I don't feel any symptoms, but should I get tested for Coronavirus anyway?

Testing is very limited. If you're not showing symptoms and haven't been directly exposed, stay safely at home.

Will I need a cesarean delivery if I have Coronavirus?

No — your birth plan shouldn't change because of Coronavirus.

I tested positive for Coronavirus while pregnant. What now?

Call your OB for guidance and next steps.

I've brought my baby home and I'm having a hard time adjusting, especially without my support system available. How do I get help?

You are not alone. Ask your OB about programs that help new moms cope with postpartum depression and anxiety.

After I deliver, will I be separated from my baby?

If you and your baby are healthy, of course not, you will stay together.

If you've tested positive for Coronavirus, necessary steps will be taken to keep your baby safe. While it's hard, this means keeping you separated from your newborn until you're no longer at risk of transmitting the virus.

I have Coronavirus and am near my due date. What happens when I go into labor?

Call your OB and your doctor will alert the hospital. When you get to the hospital, you'll be admitted and be placed into a special labor and delivery room. Your care team and support people will be wearing personal protective gear.

My pregnancy and childbirth classes were cancelled. Do I have any other options?

Contact your OB to discuss alternatives to cancelled pregnancy and childbirth classes.

For Help in Your Language:

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