



# COVID-19 & Maternal Health

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**It is unknown if pregnant women have a greater chance of getting sick from COVID-19 than the general public. However, some of the changes that occur in women's bodies during pregnancy may increase their risk for some infections, and pregnant people have had a higher risk of severe illness when infected with other viral respiratory infections such as influenza.**

**If you have fever, cough or shortness of breath, stay home and contact your health care provider. Don't go to work or school.**

**Get rest and stay hydrated.** If you are not sick enough to be hospitalized you can recover at home.

**Monitor your symptoms.** If your symptoms get worse, call your health care provider immediately.

**Breastmilk is the best nutrition for most babies.** It is still unknown if mothers with confirmed COVID-19 can transmit the virus via breastmilk.

**If you test positive for COVID-19**, or are awaiting test results:

- Talk to your healthcare provider before starting or continuing breastfeeding. You may be able to use a breast pump to express your milk.
- If you choose to direct breastfeed, wear a facemask and wash your hands carefully.
- If you choose to express breast milk, use a dedicated breast pump and wash your hands carefully before touching the pump or bottle parts and before expressing breast milk. Follow manufacturer's guidelines on cleaning breast pump parts.
- A healthy family member or caregiver can feed the breastmilk to your baby.
- If you are in labor, call the hospital or medical facility before you arrive to give the staff time to take proper infection control precautions to protect your baby.



**Take care of your health.**

■ Continue to attend prenatal care visits. Use telemedicine/telehealth for medical visits if your insurance offers it.

■ Keep up healthy habits: healthy eating, exercising, getting enough sleep and managing stress.

**Stock up on 2–3 weeks** of non-perishable food, prescriptions and medical and health care supplies.

**Create a contact list** of family, friends, neighbors, health care providers, community assistance programs and drivers, and let them know you may need them for help if you become sick.

**Stay up to date** with state and local guidance at FloridaHealthCOVID19.gov and CDC pregnancy guidance at <https://tinyurl.com/rnckkow>.



**Wash your hands** often with soap and water for at least 20 seconds. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.

**Avoid touching your face** with unwashed hands.

**Cover your coughs and sneezes** with the inside of your elbow or a tissue.

**Clean objects or surfaces daily** that people touch a lot: door knobs, kitchen counters, key pads, etc.

**If you're sick, protect your family.** Stay in a separate room from others and avoid sharing personal items. Learn more at the Centers for Disease Control and Prevention's Get Your Home Ready page (<https://tinyurl.com/v267uf3>).

**Practice Social Distancing:**

- Stay home as much as possible.
- Stay away from people who are sick or who have been sick in the past two weeks.
- Shop during off-hours when crowds are smaller.
- Avoid crowds and gatherings of 10 or more people.
- Keep at least 6 feet between you and other people.
- Avoid touching "high-touch" public surfaces.
- Wear cloth face coverings in public places.



**6 feet**

