

COVID-19

COVID for New and Expectant Moms

APRIL 17, 2020



PREGNANCY

Little is known about COVID -19 specific to pregnancy. Based on available information, **pregnant people seem to have the same risk as adults who are not pregnant.** However, we do know that:

- Pregnant people have changes in their bodies that may increase their risk of some infections.

Pregnant people should protect themselves from COVID-19

- Avoid people who are sick or who have been exposed to the virus.
- Clean your hands often using soap and water or alcohol-based hand sanitizer.
- Clean and disinfect frequently touched surfaces daily.

Risks to the pregnancy and to the baby

- Pregnant people have had a higher risk of severe illness when infected with viruses from the same family as COVID-19 and other viral respiratory infections, such as influenza.
- It is always important for pregnant people to protect themselves from illnesses.

Mother-to-child transmission

- Mother-to-child **transmission of coronavirus during pregnancy is unlikely, but after birth a newborn is susceptible to person-to-person spread.**
- A very small number of babies have tested positive for the virus shortly after birth. However, it is unknown if these babies got the virus before or after birth.
- The virus has not been detected in amniotic fluid or breastmilk.

BREASTFEEDING IF YOU HAVE COVID-19

Breast milk provides protection against many illnesses and is the best source of nutrition for most infants. You, along with your family and healthcare providers, should decide whether and how to start or continue breastfeeding. **In limited studies, COVID-19 has not been detected in breast milk;** however we do not know for sure whether mothers with COVID-19 can spread the virus via breast milk.

If you are sick and choose to direct breastfeed:

- Wear a facemask and wash your hands before each feeding. Be sure to shower often to make sure your breasts are clean.

If you are sick and choose to express breast milk:

- Clean your breasts before each session and express breast milk often to establish and maintain milk supply.
- A dedicated breast pump should be provided.
- Wash hands 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.

COVID-19

COVID for New and Expectant Moms

APRIL 17, 2020



GOING HOME:

If mom and baby tested positive for COVID-19 **BUT** baby has no symptoms

- All of the baby's caregivers should follow CDC guidelines for masks, gloves and hand hygiene.
- The AAP also recommends that individuals older than 60 years of age or those with a compromised immune system should NOT care for the infant.

If mom tested positive for COVID-19 **BUT** baby tested negative

- Baby should go home and be cared for by uninfected persons, ideally.
- If mom is in the same household as baby, she should maintain a distance of at least 6 feet from the baby. When closer than 6 feet from the baby, mom should use a mask and proper hand hygiene until she:
 - is without fever for 72 hours (without medicine) AND at least 7 days have passed since the first symptom
 - has negative testing for COVID-19 from at least **two** tests in a row (24 hours apart)

If mom tested positive for COVID-19, other caregivers in the home should get tested! Use proper mask and hand hygiene and stay at least 6 feet away from infant until results from tests are known.

DO NOT ALLOW ANYONE WHO DOES NOT LIVE IN THE HOME OR ANYONE WHO HAS TESTED POSITIVE FOR COVID-19 VISIT YOUR HOME.

GOING OUT IN PUBLIC:

It is not recommended to take your baby in public but if you have to, do NOT put a mask on any child under the age of 2! A person needs to be able to remove the mask themselves in order to wear one. If it is absolutely necessary to leave your home with your infant, consider wearing your baby on you or covering the car seat with approved devices. Go to www.healthychildren.org and search "baby wearing". Use a car seat cover ONLY if it does not have a layer under the baby. Nothing should ever go underneath your child's body or between her body and the harness straps. Be sure to leave baby's face uncovered!

RESOURCES

Websites:

- Centers for Disease Control and Prevention - www.CDC.gov
- American Academy of Pediatrics - www.aap.org
- WIC - www.wicprograms.org
- The AAP Parenting Website - www.healthychildren.org

Phone numbers:

- UAMS Lactation Services: 501-526-3558 (warm-line)
- Breastfeeding Hotline: 1-800-445-6175
- WIC: 501-280-3100
- IDHI Call Center: 501-526-7425 (24/7 Nurse)

If you have tested positive and have not yet been cleared to go out, send your baby to follow-up appointments with a friend or relative. You can participate in the appointment by phone or video.

COVID-19

COVID for New and Expectant Moms

APRIL 17, 2020



The CDC recommends that people who are mildly ill with COVID-19 or concern for to isolate at home during their illness. Your health care provider has decided you can be cared for at home. Below are instructions for isolating at home.

Stay home except to get medical care

Restrict your activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis. Ask visitors to stay away from your home.

Separate yourself from other people and animals in your home

Stay in a specific room and away from other people in your home. Use a separate bathroom, if available. People sick with COVID-19 should limit contact with pets and animals. Have another member of your household care for your animals while you are sick.

Call ahead before visiting your doctor

Wear a facemask

If you are sick, and you visit your healthcare provider let them know so they can provide you with the right mask to cover your face, mouth and nose.

Treating your symptoms

You can take over-the-counter Tylenol or ibuprofen according to the label instructions to help reduce fever. Drink plenty of fluids to stay hydrated, and use cough drops or honey to help soothe your cough. Honey is not recommended under 1 year of age. Please call your personal doctor or see options below if you have questions around doses of these medicines.

Cover your coughs and sneezes and clean your hands often

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can. Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; using the bathroom; and before eating or preparing food. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Soap and water are the best option if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, wash thoroughly with soap and water.

Clean all “high-touch” surfaces every day

High-touch surfaces include counters, tabletops, door knobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe according to the label instructions.

COVID-19

COVID for New and Expectant Moms

APRIL 17, 2020



Monitor your symptoms

Seek medical attention right away if your illness gets worse (e.g., difficulty breathing) you can access several virtual options in our community:

For Children: Arkansas Children's Triage Line: 1-800-743-3616 (24/7) For Adults: UAMS Health Now: www.uamshealth.com/healthnow and Baptist Health: www.baptist-health.com/services/virtual-care-arkansas

Before seeking care

Call your healthcare provider and tell them you have, or are being evaluated for, COVID-19. Do not go to your doctor's office, urgent care clinic, hospital or Emergency Department without calling first to get instructions for protecting the safety of healthcare workers and other patients. Persons placed under active monitoring or facilitated self-monitoring should follow instructions provided by the Arkansas Health Department.

If you have a medical emergency and need to call 9-1-1, notify the dispatch personnel that you have, or are being evaluated for, COVID-19. If possible, put on a face mask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions will be made on a case-by-case basis by the Arkansas Department of Health.

More Information is available at CDC – www.cdc.gov