



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 other people. Some of the changes that occur in women's bodies during pregnancy may increase their risk for some infections. It is always important for pregnant women to protect themselves from illnesses.

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

Other symptoms can include fever, chills, shaking, muscle pain, headaches, sore throat and a new loss of taste or smell.

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 about how to start or continue breastfeeding. You may be able to use a breast pump to express your milk.
- Wash your hands carefully and wear a face mask while pumping.
- A healthy family member or caregiver can feed the breastmilk to your baby.
- Follow the manufacturer's guidelines on cleaning breast pump parts after each feeding.
- 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, exercise, 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 travel guidance at [CDC.gov/coronavirus/2019-ncov/travelers](https://www.cdc.gov/coronavirus/2019-ncov/travelers).



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

