COVID-19 FAQs

COVID-19 Information
Answers and Resources for Pregnancy and Post-Partum

The following are answers to frequently asked questions about COVID-19 and ways to help keep your family safe.

• What do we know about COVID-19 and pregnancy? Is it easier for pregnant women to become ill with the disease? If they become infected, will they be sicker than other people?

It is currently unknown whether pregnant women have a greater chance of getting sick from COVID-19 than the general public or if they are more likely to have serious illness if infected. Pregnant people seem to have the same risk as other adults. Pregnant women do have changes in their bodies that may increase their risk of some infections, and they 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.

• Is it safe to breastfeed at this time?

In limited studies, COVID-19 has not been detected in breast milk; however, it is not known whether mothers with COVID-19 can spread the virus via breast milk. 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.

• If you are sick (see symptoms to watch for below) and choose to direct breastfeed:
  o Wear a facemask and wash your hands before each feeding.

• If the you are sick and choose to express breast milk:
  o Express breast milk to establish and maintain milk supply.
  o A dedicated breast pump should be provided.
  o Wash hands before touching any pump or bottle parts and before expressing breast milk.
  o Follow recommendations for proper pump cleaning after each use, cleaning all parts that come into contact with breast milk.
  o If possible, consider having someone who is well feed the expressed breast milk to the infant.

• Other recommended precautions:
  o Wash your hands for at least 20 seconds with soap and water each time before touching your baby, preparing a bottle for breast milk (or formula), touching your pump or bottle parts, or expressing milk.
  o Women with COVID-19 should remain isolated from other members of the family except to breastfeed.
  o If you are unable to produce milk during this time, you can use formula following the same cleaning precautions to prevent spread of infection.
  o Remember, homemade baby formula recipes online and on social media are NOT recommended and can be dangerous for your baby.
If you have questions, contact your local WIC clinic for further guidance or call 1-844-601-0365 to connect with your closest WIC clinic. You can also reach out to the Appalachian Breastfeeding Network Statewide 24/7 Hotline at 1-888-588-3423.

- **If a pregnant woman has COVID-19 during pregnancy, will it hurt the baby?**

  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, breastmilk, or other maternal samples.

- **What is the risk of my child becoming sick with COVID-19?**

  According to the CDC, based on available evidence, children do not appear to be at higher risk for COVID-19 than adults. While some children and infants have been sick with COVID-19, adults make up most of the known cases to date. Children with underlying medical conditions may be at higher risk for more severe symptoms.

- **What are the symptoms?**

  You may have COVID-19 if you have cough or shortness of breath/difficulty breathing or if you have at least two of these symptoms: fever; chills; repeated shaking with chills; muscle pain; headache; sore throat. Symptoms may be mild to severe generally appear two to 14 days after exposure. Most people who become sick do not require hospitalization, but older adults, people with chronic health conditions, and people with compromised immune systems are more likely to require more advanced care.

- **How does it spread?**

  The virus is thought to spread mainly from person-to-person:
  - Between people who are in close contact with one another (within about 6 feet).
  - Through respiratory droplets produced when an infected person coughs or sneezes.
  - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

  Spread from contact with contaminated surfaces or objects:
  - It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

- **What can I do to prevent it?**

  There are no vaccines to prevent COVID-19. Clean your hands often. Stay home as much as possible. Stay 6 feet from others and wear a cloth face covering if you go out. Clean high-touch areas – counters, tables, doorknobs, light switches, bathroom fixtures, toilets, phones, keyboards, tablets, nightstands – every day using household cleaning spray or wipes according to label directions. Additional precautionary measures can be found in the below graphics.
For additional information, visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

Your mental health is just as important as your physical health. If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available 24 hours a day, seven days a week. Call the COVID-19 CareLine at 1-800-720-9616.

**Additional Resources:**

**Pregnant Women**
- [Coronavirus (COVID-19) pregnancy FAQs: Medical experts answer your questions](https://www.babycenter.com/coronavirus-pregnancy-faqs-5829), Baby Center
- [Pregnancy and Breastfeeding](https://www.cdc.gov), CDC
- [Pregnant and worried about the new coronavirus?](https://www.med.harvard.edu), Harvard Medical School

**Infants**
- [Coronavirus, COVID-19 for New Moms](https://www.4thtrimesterproject.com), 4th Trimester Project

**Families**
- [FAQs, CDC](https://www.cdc.gov)
- [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease](https://www.nctsn.org), The National Child Traumatic Stress Network
- [Resources for Parents and Families](https://www.ohiodohec.org), Ohio Department of Health
- [Talking to Kids about COVID-19](https://www.ohiodohec.org), Ohio Department of Health
- [Tips for Families: Coronavirus](https://www.ohiodohec.org), Zero to Three
- [10 tips for talking about COVID-19 with your kids](https://www.pbs.org), PBS
- [www.eatright.org/coronavirus](https://www.eatright.org/coronavirus). The Academy of Nutrition and Dietetics - this website features articles on food safety, food security, senior care, healthful eating, recipes and printout activities for kids.
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**Clinical Resources**
- [Clinician Outreach and Community Activity Calls and Recorded Webinars](https://www.cdc.gov), Centers for Disease Control and Prevention
- [Coronavirus (COVID-19)](https://www.societyofmaternalfetalmedicine.org), Society for Maternal Fetal Medicine
- [Novel Coronavirus 2019 Practice Advisory](https://www.acog.org), American College of Obstetricians and Gynecologists
- [Patient Management and Clinical Recommendations During The Coronavirus (COVID-19) Pandemic](https://www.asrm.org), American Society for Reproductive Medicine
CORONAVIRUS DISEASE 2019

Protect yourself and others from COVID-19 by taking these precautions.

For additional information call 1-833-4-ASK-ODH or visit coronavirus.ohio.gov.

- Stay home except for work and other needs
- Wear a face covering when going out
- Practice social distancing of at least 6 feet from others
- Shop at non-peak hours
- Wash hands often with water and soap (20 seconds or longer)

- Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces
- Cover your mouth with a tissue or sleeve when coughing or sneezing
- Clean and disinfect “high-touch” surfaces often
- Don’t work when sick
- Call before visiting your doctor

STOP GERMS
WASH YOUR HANDS

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

- Wet your hands with clean, running water or soap
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails
- Scrub your hands for at least 20 seconds, hold a time
- Rinse hands well under clean, running water
- Dry hands using a clean towel or air dry them