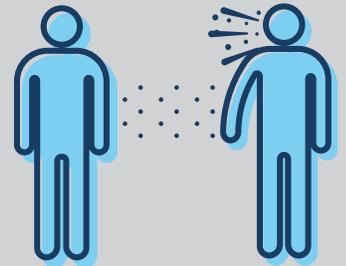


CORONAVIRUS (COVID-19)

AN UPDATE FOR PREGNANT AND BREASTFEEDING WOMEN

COVID-19 is thought to spread from person to person:

- Through respiratory droplets produced when an infected person coughs or sneezes, and possibly through talking or breathing
- By touching surfaces where respiratory droplets have landed, because coronavirus may live for up to several days
- Through close contact with people (within 6 feet) who may not have symptoms but can still spread the virus — which is why social distancing is so important



How to protect yourself and prevent infection.



Wash your hands often, using soap and water or alcohol-based hand sanitizer.



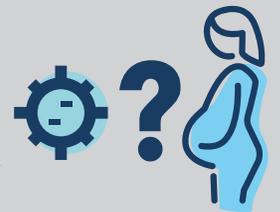
Limit trips outside your home. Have someone else run your errands. Stay in touch by phone, text, email, or chat and video apps.



If you must go out, practice social distancing. Wear a mask or facial protection in public and avoid people who are sick.

What we still don't know.

The Centers for Disease Control and Prevention (CDC) does not know if a pregnant woman with COVID-19 can pass the virus to her fetus or baby during pregnancy, labor or delivery. A newborn can get COVID-19 from its mother or close contact with others who are sick. It is unclear whether some pregnant women with COVID-19 who had preterm births, gave birth prematurely because of COVID-19.



What if I've been exposed to COVID-19?

If you think you've been exposed to the coronavirus and have a fever with a cough, sore throat, body aches or shortness of breath, call your ob-gyn or other health care professional for advice.



What if I've been diagnosed with COVID-19?

- Speak with your health care team by phone before visiting their office. Get medical care right away if you feel worse or think it's an emergency.
- Stay home except to get medical care. Avoid public transportation. If you must go out for medical care, wear a face mask and practice social distancing.
- Separate yourself from other people in your home.



What about breastfeeding?

Breastmilk is most infants' best source of nutrition. According to the CDC, COVID-19 has not been detected in breastmilk, but it can be transmitted to babies by close contact with moms during breastfeeding. The CDC offers guidance for women with, or suspected of having, COVID-19. Whether and how to start or continue breastfeeding should be determined by you in coordination with your family and healthcare provider.



What about pregnant women facing domestic violence?

If you or someone you know is in an abusive, unhealthy, or dangerous relationship, local Community Health Advocates are available to help, at 302-757-2137.



For additional resources on COVID-19 and pregnancy, visit [DeThrives.com/covid19](https://www.delthrives.com/covid19). Individuals with general questions about coronavirus can call 2-1-1 (7-1-1 for individuals with a hearing impairment) or visit [de.gov/coronavirus](https://www.de.gov/coronavirus).



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Maternal and Child Health Bureau

