COVID-19:

What should I do if I'm pregnant or breastfeeding?

There's a lot we don't know about COVID-19 yet. This includes whether the virus can cause problems during pregnancy or whether it can be passed to the baby during birth or breastfeeding. Experts are studying the virus and learning more about it every day. There may soon be clearer guidance for those who are pregnant or breastfeeding.

In the meantime, there are things you can do to protect your health and the health of your baby.

If you're pregnant

Pregnancy causes changes in the body that may raise the risk for some infections. If you are pregnant, you are more likely to get seriously ill from respiratory infections, like influenza (flu).

So it's important to try to avoid infections. The same steps that can help prevent COVID-19 will also help prevent other viral infections, like colds and the flu. These steps are the same for all of us:

- ✓ **Wash your hands often with soap and water.** Scrub for 20 seconds, rinse, and dry.

- ✓ **Practice social distancing.** When you're out, keep a space of 2 metres (6 feet) between yourself and others and wear a cloth face cover.

- ✓ **Stay home as much as you can.** And limit visitors to your home.

- ✓ **Stay away from people who seem sick or are coughing or sneezing.**

Call your doctor if you have any symptoms that could be caused by COVID-19, like a fever, a cough, or shortness of breath.

If you're breastfeeding

Talk to your doctor if you're concerned about your baby's risk of infection.

If you have COVID-19 or have symptoms, like a fever or a cough:

- ✓ **Take extra care to avoid passing the infection to your baby.**
  - Wash your hands well before you touch your baby.
  - Wear a cloth face cover anytime you hold your baby.

- ✓ **Take precautions if you pump milk.**
  - Wash your hands well before you touch the pump or bottle.
  - Clean the pump well when you're finished.
  - If you can, have someone who isn't sick give your baby the bottle.

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