

COVID-19

Pregnancy and Postpartum



COVID-19 Safety Practices

- When going out in public, wear a face mask or cloth face covering and stay at least 6 feet away from others. Do not put a face mask or face covering on your baby.
- Wash hands with soap and warm water for 20 seconds or use an alcohol-based hand sanitizer containing at least 60% alcohol.
- Limit close contact with others outside of your immediate household.
- Make a [quarantine](#) and [isolation](#) plan in case you or someone you live with is [diagnosed with COVID-19](#). Contact your health care provider if you or someone you live with is experiencing [symptoms of COVID-19](#), such as a cough, shortness of breath, or fever.
- Be sure your family, friends, and other support people are also following safety practices, especially those attending the birth and those helping you and baby after delivery (postpartum).

Engage in Shared Decision Making with Your Health Care Provider

- Discuss how you can stay safe when going to in-person visits with your health care provider (e.g., doctor, nurse practitioner, or nurse midwife).
- Ask if there are alternatives to in-person visits, such as telehealth or virtual visits.
- Identify who and how many people can be present for prenatal visits and in the delivery room.
- Create a birth plan with your health care provider and birthing hospital.
- Share your plans for feeding your baby.

Delivery

- Be aware of how COVID-19 may affect your delivery and hospital stay.
- Be familiar with policies for your support people during your hospital stay.
- Understand that plans may change due to current COVID-19 cases and be flexible with changing hospital policies.
- Share any health concerns, especially if you and your support people are experiencing symptoms of COVID-19.
- Expect [COVID-19 testing](#) upon admission. Your baby may also be tested if transfer to other units in the hospital is necessary.
- Share history of any previous COVID-19 test results with your health care provider.

Feeding Your Baby

- There is no evidence that a mother can pass COVID-19 to their baby through breastmilk. You can and should continue to breastfeed or express breastmilk when sick.
- Breastmilk provides immune benefits to your baby and can help protect against many illnesses.
- Wash your hands with soap and warm water for at least 20 seconds before and after feeding your baby.
- Clean and disinfect pumping and feeding equipment before and after use.
- If you have been diagnosed with COVID-19, wear a face covering while feeding or expressing milk.

Continue to Seek Care

- Call your health care provider if you have questions and concerns about your health or your baby's health.
- Continue to schedule and attend any postpartum and well-child visits.
- Utilize telehealth or virtual visits when appropriate.



Take Care of Your Mental Health



- Stay connected to loved ones through phone and video calls.
- Take a break from pandemic news.
- Use online support groups or forums for pregnant women or new parents.
- Identify support within your household.
- Get outside in the fresh air.
- Engage in physical activity or meditation.
- Rest when you can and get good sleep.
- Ask for help when you need it.
- Share how you're feeling with your health care provider.

Postpartum depression is a medical condition that many women experience after having a baby. Strong feelings of sadness, anxiety or worry, and tiredness may make it hard for you to care for yourself and your baby. It can happen any time after you give birth. Postpartum depression is common and there are many ways to manage and treat it. Talk with your health care provider if you are experiencing symptoms of postpartum depression or feel like you need additional help.

Things to Know:

- Pregnancy may increase the risk of illness from COVID-19.
- Pregnant people with COVID-19 may be at increased risk of preterm birth (less than 37 weeks gestation).
- Although uncommon, some newborns have tested positive for COVID-19 shortly after birth. It is unknown if these newborns got the virus before, during, or after birth from close contact with an infected person.
- Having COVID-19 at the time of delivery does not increase the need to have a caesarean (C-Section).

Resources

- [Well Badger](#): 800-642-7837
- Dial [2-1-1](#)
- [Maternal Mental Health Leadership Alliance](#)
- [COVID-19: Resilient Wisconsin Diagnosed or Close Contact?](#)
- [How to Avoid Exposure](#)
- [Make Safe Choices](#)
- [Healthy Coping](#)



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