

## ADVICE FOR PREGNANT WOMEN DURING THE CORONAVIRUS PANDEMIC

- During pregnancy, it is recommended that people wear masks when unable to be adequately spaced apart from others, clean their hands frequently, and stay home when sick.
- Pregnant patients should not share food with people outside of their household and should avoid gatherings of people, particularly those that are indoors.
- Pregnant patients should be offered the ability to work at home whenever possible.
- Pregnant patients should avoid all non-essential travel.
- We recommend self-isolation for the pregnant patient and their labor support person(s), beginning at approximately 36 weeks, in anticipation of admission to the hospital for childbirth. We recommend that this include working remotely and limiting trips out of the person's home to only what is absolutely necessary.
- Pregnant women or their immediate household contacts who develop symptoms suggestive of COVID19 infection, should contact their health care provider (obstetrician or primary care physician) to consider testing. Symptoms to watch for include:
  - Fever (temperature of 100.4 or greater) or feeling feverish
  - Chills
  - Cough
  - Sore throat
  - Shortness of breath
  - Chest tightness
  - Unusual fatigue
  - Body aches
  - Nausea or vomiting
  - Diarrhea
  - Loss of taste or smell
- After delivery, we also recommend extreme caution and limiting exposure to people outside of the household as much as possible, for at least 6 weeks, and longer if possible.
- Breastfeeding is strongly encouraged. When new parents return to the workplace, we strongly advise a safe, private place to pump that is equipped with a sink, soap and water, and a refrigerator or cooler to securely store breast milk.