



What to expect when you're expecting

DURING COVID-19

What to Expect when Expecting during Covid-19 We get a lot of questions about what to expect during your pregnancy and delivery during the Covid-19 Pandemic. We would like to take some time to go over some of these frequently asked questions and offer some guidance of what you can expect during your pregnancy, labor, and delivery.

Is it safe to have a baby during Covid-19? According to the CDC, pregnancy alone does not increase your risk of contracting Covid-19. There are other health problems that could put you at risk, so make sure to discuss these with your doctor. The safest place to have your baby is in a hospital. Even with a normal pregnancy, there could be complications that arise during delivery, and a hospital is the best-equipped place to handle any issues that may happen.

How can I protect myself? The best way to protect yourself during pregnancy is by practicing all the standard precautions you would take while you are not pregnant. Make sure to wash your hands frequently, practice social distancing, wear a mask when out in public, and avoid face to face contact with anyone who is sick.

Develop a birthing plan with your doctor. Make sure to discuss devices you can have in the room to keep you connected. This will help you feel prepared and relaxed about bringing your bundle of joy into the world!

Make sure to take some time for yourself. Stress can lower your immune system and raise your blood pressure. Neither of which is good for you or your baby. Take some time to meditate, listen to music, do some yoga, take a bath, or a walk. Here is a link with some relaxation techniques to use during your pregnancy.





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What if I have been diagnosed with Covid-19? Will it affect my baby? Bacteria and viruses can sometimes be transmitted before, during, or after delivery. The risk of passing Covid-19 to your newborn is not known but is thought to be low.

If you think you may have been exposed to Covid-19 or have it, please call the hospital before you arrive and let them know so they can take the necessary safety precautions. If you are thought to have the virus, temporary separation is advised. This will help lower the risk significantly of passing the virus to your baby.

You've had your baby, now what? The hospital will allow one visitor at a time. The visitor must follow all guidelines including hand washing and wearing a mask. Doulas are not permitted during a pandemic. Use your phone or ipad to keep in touch with family and friends to limit any exposure to you or your baby to outside visitors. Remember, you are not alone!

Is breastfeeding safe? Covid-19 has not been shown to transmit through breastmilk. Breastmilk offers many benefits to mother and baby. It is shown to provide protection against infections in general. There is a risk of passing along respiratory infections during breastfeeding due to the close contact, so if you are concerned you may have come in contact with someone with Covid-19, the safest option is to feed your baby expressed milk from a bottle. If you choose to breastfeed, make sure to wear a mask and thoroughly wash your hands for 20 seconds.

We hope this has answered some of your questions and put your mind at ease. Please feel free to reach out to us with any additional concerns you may have. We are here for you and want to make sure you feel comfortable and safe during your pregnancy and delivery.

