



# PREGNANCY & COVID-19

**By taking some extra precautions, you can enjoy a healthy, happy pregnancy while protecting yourself and your baby from COVID-19.**

Pregnancy can cause changes to your immune system making you more vulnerable to serious illness from COVID-19.

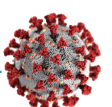
- Avoid interacting with people who might have been exposed to or infected with COVID-19 as much possible, including people that live with you.
- If you do go out or interact with people who do not live with you, you should:
  - o Wear a mask.
  - o Maintain social distance.
  - o Wash your hands frequently
  - o Avoid crowds
- Keep all your recommended healthcare appointments during and after your pregnancy including your prenatal care appointments.
- Get recommended vaccines, including the flu vaccine and the whooping cough (Tdap) vaccine.

Whether you are pregnant, breastfeeding, or considering getting pregnant this is a personal choice and you should always consult with your healthcare provider to help you make an informed decision about receiving the COVID-19 vaccine.

**For more information:**  
Call 1-833-829-2626 or visit  
[cchealth.org/coronavirus](https://cchealth.org/coronavirus)

**RESPONSE**  
Coronavirus (COVID-19)

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# BREASTFEEDING & COVID-19

- Current evidence suggests that breast milk is not likely to spread the virus to babies.
- Breast milk provides protection against many illnesses and is the best source of nutrition for most babies.
- If you are diagnosed with COVID-19 and are breastfeeding
  - Wash your hands before breastfeeding.
  - Wear a mask while breastfeeding and whenever you are within six feet of your baby.
  - Take these precautions for the entire quarantine period or as recommended by your doctor.
- If you are diagnosed with COVID-19 and are pumping or expressing breast milk
  - Use your own breast pump (one not shared with anyone else), if possible.
  - Wear a mask during expression.
  - Wash your hands with soap and water for at least 20 seconds before touching any pump or bottle parts, and before expressing breast milk.
  - Clean all parts of the pump that come in to contact with breast milk.
  - Consider having a caregiver from your household who does not have COVID-19 and is not at increased risk for severe illness from COVID-19 feed the expressed breast milk to the baby.
- Any caregiver feeding the baby should wear a mask when caring for the baby for the entire time you are in isolation and during their own quarantine period after your complete isolation.

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