

# COVID-19 (coronavirus) FAQs

Information for those who are pregnant  
or breastfeeding

## Am I or my baby at greater risk for COVID-19?

We do not know at this time if someone who is pregnant is at higher risk than the general public of getting sick. Based on available evidence, children do not appear to be at higher risk for COVID-19 than adults.

## How can I protect myself and my baby?

It is important to follow the same recommendations by the CDC as the general public to avoid infection. You can help stop the spread of COVID-19 by taking these actions:



**Avoid close contact** with people who are sick with cold/flu symptoms.



**Avoid touching your face** — your eyes, nose, and mouth — with unwashed hands.



**Wash your hands** often with soap and water or an alcohol-based hand sanitizer for at least 20 seconds.



**Clean and disinfect** frequently touched objects, washable toys, and surfaces.

## What should I do if I think I am sick?



If you think you have COVID-19 symptoms or believe you've been exposed, call your medical provider ahead of time before going in for a visit.



If your symptoms aren't serious, your medical provider may recommend to follow the same care you would for the common cold: stay home, keep away from others, and take over the counter remedies.



**Cough or sneeze into a tissue or your elbow.** If you use a tissue, throw it in the trash immediately and wash your hands afterwards.



**Wear a face mask** to stop the spread of droplets that can transmit the virus to others.



**Make sure you stay in touch** by phone or email with your family and friends who can help you.

## Can I pass COVID-19 to my baby during my pregnancy or delivery?

Transmission of COVID-19 during pregnancy is unlikely, but it is important to follow CDC's recommendations to protect your baby after they are born. A very small number of babies have tested positive for the virus shortly after birth. However, it is unknown if these babies got the virus before or after birth.



## Can I still breastfeed my baby?

Breast milk is the best source of nutrition for most infants. However, much is unknown about COVID-19.

If you have symptoms or have tested positive for COVID-19, follow these steps to protect your baby:



Wash your hands before touching the baby.



Wear a face mask to breastfeed.



If you are using a breast pump, wash your hands before touching any pump or bottle parts and follow the manufacturer's instructions for proper pump cleaning after each use.



Consider having your partner or a family member who is not sick feed the baby.

## What else can I do to keep myself and my baby healthy?



Eat a balanced diet, get at least 8 hours of sleep, stay active, and do anything else you may need to take care of yourself.



Stay at home when possible or maintain social distancing when going out to take care of your essential needs, which includes shopping for food, getting medicine, and enjoying outdoor activities.



Talk to your family and friends remotely, such as online, by phone, or by video chat. This can help you stay socially connected and mentally healthy.



If you are pregnant, continue your prenatal care. If you have any concerns, contact your health care provider and follow their recommendations.



## Is it safe to bring my newborn in for a checkup?

It is vitally important that a pediatrician sees your newborn for well visits during the first days of life. Immunization of infants and young children up to 24 months of age is essential for their overall health and must be done in person. We offer drive-up immunization clinics for well children at some of our locations.



## In-person visits are still available for medically necessary appointments.

If you have questions about your care or your baby, please call our Patient Service Center at:

**(888) 499-9303**

For more information about COVID-19, please visit:

**[AltaMed.org/coronavirus](https://www.altamed.org/coronavirus)**