



Nurse Home Visitor Discussion Facilitator:

Things to think about in pregnancy, birth and after baby arrives

During pregnancy

Prenatal tips

- Keep all prenatal appointments – talk to your provider about how you can get your prenatal care.
- Stay up to date on vaccines. There is no COVID-19 vaccine, but other vaccines, like for the flu, help you stay healthy.
- If you use medications, be sure to keep a 30-day supply on hand.
- Get help right away if you have a medical emergency.

Quarantine and isolation considerations during pregnancy

- A pregnant person who is healthy does not need to “quarantine” during pregnancy.
- It is a good idea to try to stay home as much as possible and limit your contact with people outside of your household – this includes limiting contact with grandparents or other family members who are not living with you.
- If you must go out and have contact with people, wear a mask, stay six (6) feet apart and wash hands.
- If you start feeling sick, call your provider within 24 hours.
- If you are exposed to someone with COVID-19, you will be asked to quarantine for 14 days.
 - Have a plan to get food and supplies.
 - If you work, talk with your employer about their rules for leave from and return to work.
 - Find ways to reduce stress and anxiety.
- If you get COVID-19, stay home and isolate, except to get medical care; make sure your doctor knows if you test positive or have symptoms; avoid public

transportation; separate yourself from household members as much as possible (this includes sleeping by yourself in own room and using own bathroom, if possible).

- Try to prepare your home with enough food and baby supplies so there are not a lot of people coming in after the birth.

COVID-19 testing during pregnancy

- The CDC recommends testing if you:
 - Have signs or symptoms of COVID-19.
 - Don't have signs or symptoms but have been in close contact with someone who tested positive.
- There are not recommendations for testing all pregnant people, but your healthcare provider may decide to test you when it is close to your due date.
 - Talk with your provider about testing and what it means if you are positive or negative.
 - If you are negative, you will still be asked to protect yourself and others by wearing a face covering, keeping physical distance from others, and making sure you limit contact with people.
 - If you are positive, you will be asked to isolate for at least 10 days from the time symptoms start or you have a positive test; you may need to change your plan for being with your baby and breastfeeding (see [“During Birth”](#) section below).

During birth

Birthing considerations

- Everyone should wear a face covering when going to the hospital or birthing center.
- It is best for healthy babies and parents who do not require critical care to stay together after birth.
 - Most hospital systems in Oregon allow the birthing person to have one adult with them during labor and delivery. Please review the guidance for your specific hospital beforehand, as health and safety procedures can change over time.
 - Newborns have tested positive for COVID-19 and it is unknown whether this is from before, during or after birth.
 - Most newborns have mild illness, but some have severe illness.

What if you are COVID-19 positive when it's time to give birth?

- Understand what the hospital policy is for infants born to COVID-19 positive people:
 - If you are COVID-19 positive, your baby should be tested for COVID-19 after birth.
 - The impact of separating mom and babies at birth is significant. If you are sick, talk with your provider about your plan for your baby to be with you or if you want to be temporarily separated.
- If you are sick, you will need to wear a face covering when near baby, wash hands and stay at least 6 feet away from baby as much as possible.

Breastfeeding

- Benefits of breastfeeding outweigh potential risk of spreading infection.
- Breastmilk is preferred food and will also offer immune-building properties to baby.
- Decide whether you will want to breastfeed at the breast or with a pump.
- If you are sick you will need to:
 - Wash hands before touching the baby, breast pump or bottle.
 - Avoid coughing or sneezing on the baby while breast feeding.
 - Wear a face covering while feeding or caring for the baby.
 - Consider asking someone who is well, isn't at high risk for COVID and lives in the same household to feed the baby. This person also needs to wash hands and wear a mask for feeding.
 - Remember, babies should not wear masks or other face coverings, as they may suffocate.

After baby arrives

- Don't skip postnatal appointments – talk to your provider about what will happen at an appointment after baby arrives, including if you are positive for COVID-19.
- If a healthy caregiver is not available, a parent with COVID-19 can still care for their infant if they are well enough while using precautions (for example, hand washing, wearing a cloth face covering).
- Newborns should NEVER wear a face covering.
- There is no COVID-19 vaccine, but other vaccines, like for the flu, help you stay healthy. Infants should get newborn vaccines.
 - Check with care provider on how your baby will get newborn vaccines.

- Limit contact with people outside your household, including other family members like grandparents.
- Wear a face covering, stay six (6) feet apart and wash hands if you have contact with people outside your household.
- Have a 30-day medication supply.
- Get help right away if you have a medical emergency; make sure medical personnel know if you have tested positive for COVID-19.

Document reference

[CDC: If you are pregnant, breastfeeding or caring for young children](#)

[Coronavirus \(COVID-19\) infection in pregnancy. Royal College of Obstetricians and Gynecologists](#)

Document accessibility: For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact Mavel Morales at 1-844-882-7889, 711 TTY or OHA.ADAModifications@dhsosha.state.or.us.