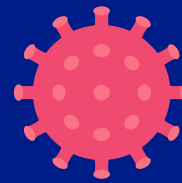


COVID-19 (Coronavirus)



Pregnancy and Breastfeeding

According to the Center for Disease Control and Prevention and based on available information, **pregnant women seem to have the same risk as other adults who are not pregnant.** However, much remains unknown.

We do know that:

- Pregnant women have changes in their bodies that may increase their risk of some infections; and
- Pregnant women have had a higher risk of severe illness when infected with viruses that are similar to COVID-19 and other viral respiratory infections.

What should pregnant women do to protect themselves from COVID-19?

- Pregnant women should take steps to reduce their risk of getting sick:
- Avoid people who are sick or who have been exposed to the virus;
- Practice physical distancing by staying at least six feet away from others when outside of your home.
- Avoiding touching your eyes, nose, and mouth;
- Stay at home as much as possible;
- Clean and disinfect frequently touched surfaces daily especially:
 - After touching other people, including children;
 - After touching surfaces outside your home or items from outside that you have brought into your home;
 - After going to the bathroom or changing diapers;
 - Before eating or preparing food;
 - After blowing your nose, coughing, or sneezing.

What are the risks to the pregnancy and to the baby?

Much is still unknown about the risks of COVID-19 to a woman's pregnancy and to the baby.

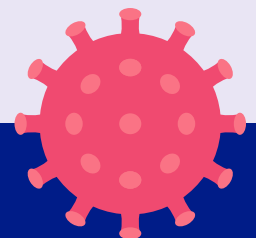
- Mother-to-child transmission of COVID-19 during pregnancy is unlikely, but after birth a newborn can be infected after exposure to an infected person, including the baby's mother or other caregivers;
- Based on limited published reports, a very small number of babies have tested positive for the virus shortly after birth. However, it is unknown if these babies got the virus before, during, or after birth; and
- There have been a small number of reported problems, such as pre-term birth, in babies born to mothers who tested positive for COVID-19 late in their pregnancy. However, we do not know if these problems were related to the virus.

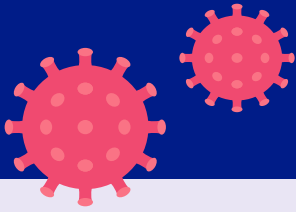
Breastfeeding if you have COVID-19

We do not know for sure whether mothers with COVID-19 can spread the virus in their breast milk, but the limited data available suggest this is not likely.

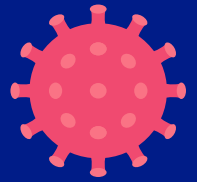
- WHO recommends that mothers with suspected or confirmed COVID-19 should be encouraged to initiate or continue to breastfeed.
- If you have COVID-19 and choose to **direct breastfeed**:
 - Wear a facemask and wash your hands before each feeding;
 - Mother and infant should be enabled to remain together and to practice skin-to-skin contact, especially immediately after after birth and during the establishment of breastfeeding, whether they or their infants have suspected or confirmed COVID-19
- Vaccines during pregnancy and the COVID-19 outbreak:

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COVID-19 (Coronavirus)



- If you are pregnant, you should continue to receive your recommended vaccines such as the influenza (flu) and Tdap vaccines, to protect you, and your baby after birth from flu and whooping cough.

Who is clinically extremely vulnerable?

Pregnant women **with** significant heart disease, congenital or acquired are extremely vulnerable for infection with COVID-19.

These women need to take special precautions called shielding

What is shielding in pregnancy?

- Shielding means:
 1. Do not leave your house. Stay home at all times;
 2. Avoid face-to-face contact;
 3. Do not attend gatherings. This includes gatherings of friends and families in private spaces, for example, family homes, weddings and religious services;
 4. Strictly avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough; and
 5. Visits from those who provide essential support to you such as healthcare, personal support with your activities of daily living should continue, however the caregiver and healthcare professionals should stay away if they have any symptoms of coronavirus.

How to get help for food and medicines if you're shielding:

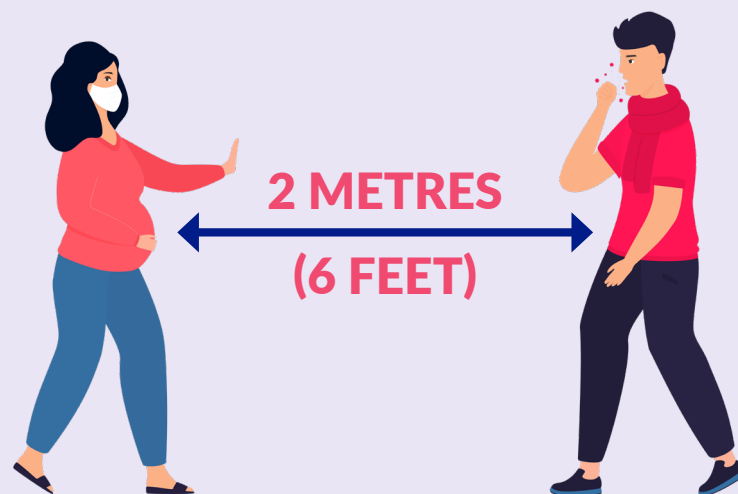
- Ask family, friends or neighbours to help you and use online services;
- Ask someone who can pick up your prescription from the pharmacy; and
- Contact your pharmacy to deliver your prescription to you.

What precautions you should take at home:

- Minimise the time other people living with you spend in shared spaces such as the kitchen, bathrooms and sitting areas, and keep shared spaces well ventilated;
- Keep six feet away from people you live with and encourage them to sleep in a different bed where possible;
- If you can, use a separate bathroom from the rest of the household;
- Use separate towels from the others in your house, for drying your body after bathing or showering and for hand-drying purposes;
- If you share a toilet and bathroom with others, it's important that they are cleaned every time after use; and
- Everyone in your household should regularly wash their hands, avoid touching their face and clean frequently touched surfaces.

Hospital and GP appointments if you're shielding:

- If you have a scheduled hospital or other medical appointment during this period, talk to your doctor to determine which of these appointments are absolutely essential.



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