

## **Information for Patients about COVID-19 in Pregnancy**

If I'm exposed to COVID-19 while I am pregnant, will I get sick?

- Most people who are exposed to COVID-19 do not get sick.
- Most COVID-19 patients have mild symptoms that you can manage at home.
- COVID-19 does not seem to infect pregnant people more often than other infections.

How long after I am exposed will I get sick?

- The time between when people are exposed and when they get sick seems to be about 4 days. For some people it could be as soon as 2 days and as long as 14 days.

Is COVID-19 different because I am pregnancy?

- You are not more likely to get COVID-19 than other people because you are pregnant.
- Pregnancy causes your heart and lungs to work a little harder, so you might be a little bit sicker if you do get it.

What are the symptoms of COVID-19?

- COVID-19 causes an infection of your lungs (pneumonia), so the symptoms are like other types of pneumonia:
  - Fever, defined as at least 100 degrees F
  - Cough that tends to be dry
  - Trouble breathing
  - Body aches

How long does COVID-19 infection last?

- So far, the patients who have COVID-19 pneumonia seem to recover in about 10-14 days, similar to influenza and other types of pneumonia.

What do I do if I get sick?

- Notify your doctor so they can monitor you.
- If you are breathing well and your baby is moving, you should stay home.
- Rest a lot, drink fluids and you can take Tylenol® for your fever.

- If you are very short of breath, notify your doctor. You may need to get more medical attention at the closest Emergency Department.
- If your baby is not moving normally, call your doctor.

If I get COVID-19, will my baby be okay?

- Lots of pregnant patients who have had COVID-19 infection have delivered their babies safely. There have been no infections in babies of moms who tested positive for COVID-19.
- This virus has not been found in amniotic fluid, placenta, breast milk or babies' noses. It will be safe to breastfeed your baby if you had COVID-19.

How can I reduce my chances of getting COVID-19?

- Wash your hands often because your hands can be contaminated.
- Don't touch your face; your nose, mouth and eyes. This is how the virus gets into the body.
- Avoid people who are sick or coughing if possible. Protect yourself against all respiratory infections.
- Rest, eat well, and take good care of yourself.
- Keep your distance from other people. Respiratory droplets from coughing and sneezing travel about 6 feet. If you stay at least 6 feet from someone, you would be outside the range of COVID-19 droplets.

Can I work while I'm pregnant, considering the risk of COVID-19?

- It is okay to continue to work if you can work safely using the advice listed above. If you can't work safely, please talk with your OB/GYN

If you have any other questions, please contact your OB/GYN office.