

COVID-19 Information for Women Planning to Deliver at Swedish

We know that our pregnant patients have concerns about birth with COVID-19 (aka Novel Coronavirus). We are providing this information about current recommendations on how to keep you and your new baby safe from infection.

What do we know about the chance of a pregnant woman becoming infected with COVID-19?

- The infection rate appears to be no greater for women who are pregnant
- Many viral infections are more severe in pregnant women, however, currently this does not seem to be happening with the COVID-19 infections
- Infection is spread by respiratory droplets that get on hands, face and on surfaces in the immediate area of coughing, sneezing or other contact

What do we know about the chances of a newborn getting the infection from their mother if she has COVID-19?

- The virus has NOT been found in the amniotic fluid (bag of waters) or breast milk. There have been no definite mother-to-baby infections directly from giving birth.
- What about infections in infants and children? There is one report of an infected 3-day old baby who was rooming-in with their mother and there was also a death of a 7 week old baby that was positive for COVID-19 but it is unknown at this time how the baby contracted the virus. We also now know that when infants under 1 year-old got COVID-19, they had a greater chance of more serious infection than older children who got the disease.

If you are planning to breast-feed your baby and you have COVID-19, or have been tested for COVID-19 and are waiting for results, is it still safe to do?

- We are encouraging your baby to be fed expressed or pumped milk which is recommended by the American Academy of Pediatrics (AAP), the Center for Disease Control (CDC), and the American College of Obstetrics & Gynecology (ACOG).
- If you make the decision to breast feed your newborn in the hospital after discussing options with your provider, it is very important that you wash your hands, wash your breasts and wear a mask to lower the chance of your baby getting infected.

Is it safer to separate the baby from the mother or keep them in the same room?

- Currently, the AAP, CDC and ACOG all recommend separating the baby from the mother's room for any mother with suspected COVID-19 or who has COVID-19 infection. This is to avoid passing the virus directly to the baby from the mother or from items that are near her in the room.
- The World Health Organization (WHO) currently recommends that the baby rooms-in with the mother. They recommend that the mother wear a mask, wash hands and breasts and any areas of skin-to-skin contact.
- Swedish is recommending separation after birth in order to protect your baby. If you are planning to breast feed, we will help you safely express or pump breast milk for your baby. This should be continued as long as you are COVID-positive or waiting for your COVID test results.

Please know that we are committed to provide support and the best care for you and your new baby whatever your personal decision may be during this challenging time.

I have reviewed this information with my doctor or midwife.

Patient Name (printed)

Patient Signature

Date