



## Pregnancy, Breastfeeding and COVID-19

### **What is the risk to pregnant women of getting COVID-19?**

Pregnant women are always considered a vulnerable or at-risk group for infections. However, so far pregnant women do not seem to develop more severe symptoms of COVID-19 than the general population. In most cases, it is expected pregnant women will only experience mild or moderate symptoms.

### **I had COVID-19 during my pregnancy – will this affect my baby?**

Information so far is limited by the newness of the virus, but there is no current evidence suggesting the virus can pass to your developing baby while pregnant, or that the virus will cause abnormalities in your baby. Scientists are working to learn more as quickly as possible.

### **Will I need to have a caesarean section or be induced if I get COVID-19?**

Unless there are significant life-threatening symptoms as a result of COVID-19, there is no current evidence that induced labour, or a caesarean section is necessary.

### **What can I do to protect myself and my baby?**

There are measures you can take to protect you and your baby. These measures are the same as for all people.

- Wash your hands regularly for 20 seconds with soap and warm water, or use an alcohol-based hand gel when you are out
- Ask anyone who is exhibiting any cold or flu-like symptoms not visit you or your family
- Avoid touching eyes, nose and mouth



- Reduce your exposure to other people not in your family as much as possible
- If you feel unwell, consult your doctor or the COVID-19 helpline on 1800 020 080
- Increase the interval between or postpone antenatal and post-natal appointments if this is agreed by your Doctor or Nurse. Ring and find out.
- You can also use telehealth or video consultations if your Doctor or Child Health Nurse is set up to do this. You can ring and find out.

## Should I still have my baby in a hospital?

If you were planning to have your baby in a hospital, it is still safe to do so. You can take steps to minimise risks by having only having one support person and limiting visitors when you are in hospital. Hospital staff will tell you what you can do.

## Can I still breastfeed my baby?

If you wish to breastfeed your baby, it is safe for you to do so. There is no current evidence that COVID-19 is transmitted through breast milk. If you are diagnosed with COVID-19, consult your Doctor about breastfeeding

## Where can I find more information?

Information and advice for the general public applies to pregnant women. For more information about COVID-19, you can visit the below websites:

[Health Direct](#)

[Australian Government Department of Health](#)

[Australian Breastfeeding Association](#)

[National Perinatal Association](#)

[Western Australian Government](#)

[Telethon Kids Institute](#)

[Women & Infants Research Foundation](#)

[World Health Organisation](#)

[The Royal Australian and New Zealand College of Obstetricians and Gynaecologists](#)