



Pregnant Mothers with Possible or Known Coronavirus/COVID-19 Infection

The health and safety of all of our patients is important to us. This handout will tell you more about changes we are making for pregnant patients who have or may have the coronavirus infection.

What is the COVID-19?

COVID-19 is a disease caused by a new coronavirus. This virus causes people to have:

- high fever
- shortness of breath
- chest pain
- stomach problems

What are the risks of giving COVID-19 to my baby?

Before delivery the risk of giving your baby the virus is very low.

During and After Delivery there is a risk of giving your baby the virus. This might happen if your baby comes in contact with your respiratory secretions, urine or stool.

Breastmilk: Testing so far has not shown that the virus can be transmitted through breast milk. We use this information to determine our recommendations during your labor, at delivery, and after birth.

What symptoms will my baby have if they get COVID-19?

The information about COVID-19 is changing every day. Right now not a lot of babies have COVID-19. Babies with the virus usually get mild breathing symptoms. But they may also get very sick.



What can I expect during labor?

For everyone's health and safety, we have made some changes to how we help you through labor. If you may have COVID-19, we will:

- **Test** you for COVID-19 using a nasal or oral swab. Test results may take up to 48 hours.
- **Place** you in a special room.
- **Ask** you and your labor support person to remain in your rooms.
- **Limit** the number of times people go in and out of your room.
- **Talk** to you and answer your questions by phone when possible.
- **Wear** protective gear like a gown, mask, gloves, and eye protection when caring for you.
- **Ask** you and your labor support person to wear a special mask.

What can I expect at the time of delivery?

We will support you through every step of your labor. Many different people may be coming in and out of your room to help care for you and your baby during labor. Our pediatric team will be ready to care for your baby once they are born.

Because the virus can be given to the baby after birth, we will not place the baby skin to skin on your chest. We will examine the baby in the warming bed in your labor room. Our doctors will let you know the best place for your baby to go after delivery.

Will you test my baby for COVID-19?

We will only test your baby if you are confirmed to have the COVID-19 virus. If your test results are unknown at the time of birth, we will use special isolation precautions and watch your baby for symptoms of the virus.

Where will my baby go after birth?

If your baby is healthy and you test negative for COVID-19:

Your baby will be admitted to the Newborn Nursery for routine care.

If you have or may have tested positive for COVID-19:

After the birth of your baby, we will talk with you about options to keep your baby safe and healthy. To limit the risk of your baby getting the virus, Centers for Disease Control recommends that you and your baby be separated if possible.

We will talk with you about the options of keeping your baby in your room, or in a separate room for their safety.



Separate Room for Safety

If your baby is placed in a separate room, a nurse will take care of your baby at all times. Your labor support person may go with your baby and stay with them. The nurse will teach your support person how to safely help care for the baby.

Keeping Your Baby in Your Room

After talking with your care provider about the risk of your baby getting COVID-19, you may decide to keep your baby in your postpartum recovery room. To do this, your baby will be kept in a warming bed. For your baby's safety, the warming bed will be placed at least 6 feet away from your bed.

We will have to do the following things to keep your baby safe:

- **Keep your baby in an incubator.**
- **Place your baby 6 feet from your bed** to minimize the risk of exposure to COVID-19
- **Ask you and your labor support person to wear a special mask and protective coverings.**

To keep your baby safe and healthy, **we do not recommend placing your baby skin to skin on your chest or breastfeeding.**

How will I breastfeed my baby?

If you are infected or possibly infected with COVID-19, the safest way to breastfeed is by removing the milk with clean hands or a breast pump and having a healthy caregiver provide the milk to the baby.

We will provide you with a pump to express your breast milk, which can be given by bottle to your baby by your labor support person. Your nurse or lactation consultant can help you learn this process. We can also provide donor breast milk or formula if your supply is low.

How do I safely pump my milk?

1. **Wash your hands:** Before hand expressing or pumping, mothers should wash their hands with soap and water for at least **20 seconds**.
2. **Wash your hands and pump parts:** After each pumping session, mothers should wash their hands and all pump parts.
3. **Maintain a good milk supply:** In order to establish and maintain a good milk supply, mothers should pump at least **8 times** in a **24 hour period**.

How do I safely breastfeed?

To breast feed your baby, you must:

- **Wash your hands** with soap and water for at least 20 seconds.
- **Wear a facemask** that covers both the nose and the mouth for the whole feeding.
- **Wear a protective gown** that covers your body.



What happens if my baby needs to go the NICU?

Your baby may need admission to the NICU for reasons other than COVID-19, such as:

- Prematurity
- Unexpected breathing problems, like needing oxygen or a ventilator
- Infection
- Other concerns

If Your Baby is Having Breathing Problems

Your baby will be placed in an incubator and brought to a NICU isolation room.

If Your Baby is Not Having Breathing Problems

Your baby may be placed in an incubator and brought to a semi-private room. Your baby will be placed in an incubator with the curtains drawn to protect the room next door.

For the health and safety of all the NICU patients, we are limiting visitors. Your labor support person will need to wait until you receive your COVID-19 results before they can visit the baby.

We will update you often about how your baby is doing. If you have questions, please feel free to call the NICU where your baby is staying:

- NICU 270: **(650) 497-8800**
- NICU 260: **(650) 721-5151**

The NICU is located on the 2nd floor of the West building.

When your baby is healthy enough to begin breastfeeding, we will ask you to pump your milk as described above in “**How do I safely pump my milk?**” section. If you are still waiting for your COVID-19 test results, your nurse can take your milk to the NICU. If you do not have enough breastmilk, we can provide donor milk for your baby.



Will my baby be tested for COVID-19?

We will only test your baby if you are confirmed to have the COVID-19 virus. If your test results are unknown at the time of birth, we will use special isolation precautions and watch your baby for symptoms of the virus. We will wait for your COVID-19 test results to return before deciding whether to test your baby.

If you test negative and have no other symptoms:

- If your baby is not in the NICU, they can stay with you in your room.

If you test negative and have other symptoms:

- Your baby will stay in an incubator to keep them from getting other infections.
- You will be asked to wear a mask while breastfeeding to keep your baby safe and healthy.

If you test positive:

- Our Pediatric Infectious Disease team will be involved in your care. They will help us care for you using the most current information about COVID-19.
- We will teach you how to care for you and your baby at home when you are ready for discharge.

The health and safety of you and your family is important to us. We realize the birth of your child is a special time and that your birth experience may not be what you expected. Thank you for partnering with us during this difficult time and following the guidelines above.

Our providers are always here for our patients. If you have questions please ask. As we continue to learn more about COVID-19, these guidelines might change. Thank you for understanding.