COVID-19 and Pregnancy (prenatal)

Information and guidelines about COVID-19 are reviewed and updated constantly. The messages below may change as our knowledge of COVID-19 evolves. This information is current as of May 7, 2020.

1. I am pregnant and I am worried about COVID-19. How will COVID-19 affect my baby and me?

- There is currently no evidence to suggest that being pregnant increases your risk of getting COVID-19. People who are pregnant are believed to have the same risk of getting COVID-19 as other adults.
- There is currently no evidence that COVID-19 is transmitted to your baby during pregnancy, delivery or through breastmilk. However, your baby can catch COVID-19 in any environment after birth in the same way you can.
- There is currently no evidence to suggest that a pregnant person is at any greater risk for serious health concerns from to COVID-19 than other adults. However, with any significant illness during pregnancy, there is always an increased risk of preterm or stillbirth.
- Talk to your health care provider or call 8-1-1 if you have questions about COVID-19 symptoms or testing or test results.

2. I think I have COVID-19, what should I do?

- If you think you might have symptoms of COVID-19, use the BC COVID-19 Self-Assessment Tool **and call your health-care provider.**
- Your health-care provider will discuss your concerns and may need to ask additional questions about your health and pregnancy.
- Different arrangements for your clinic appointments and prenatal care may be needed.
- If you need to be tested for COVID-19 call your local Interior Health testing centre for an appointment. **Drop-ins are not permitted**.
- If you have a test done, please inform your doctor or midwife providing your prenatal care.

3. I'm pregnant and feeling healthy but I am worried about catching COVID-19. Should I still go to my prenatal appointments?

- **Talk to your doctor or midwife about your upcoming prenatal appointments** and let them know you are worried about leaving your home to attend an appointment.
- Regular prenatal care is important for the health of you and your baby.
- Clinics and offices are taking extra care to reduce risks of COVID-19, and many are using different ways to connect with patients during this time.