

COVID-19

General Information for Expecting or New Parents

Information and guidelines about COVID-19 are continually being reviewed and updated. The messages below may change as our knowledge of COVID-19 evolves. This information is current as of June 8, 2021.

1. Where can I find trusted, up-to-date information on COVID-19?

Visit [BC Centre for Disease Control](#) and [Interior Health: COVID-19](#) for trusted British Columbia-specific information.

2. I am expecting a baby, or a new parent - Is there anything I can do to protect myself and my family from COVID-19?

The best prevention against COVID-19 is vaccination. You can register for vaccination [here](#). Please ask your healthcare provider or refer to the [BCCDC COVID-19 Planning for Your Vaccine](#) document for more information.

It is important for expectant parents, new parents, and breastfeeding families to protect themselves and take steps to [prevent infection](#).

Proper hygiene:

- [Wash your hands](#) often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water are not available. Short handwashing videos are available for [adults](#) and [children](#).
- Cough or sneeze into a tissue or your elbow, not into your hand. Throw your tissues out as soon as possible and wash your hands afterward.
- Avoid touching your eyes, face, nose, or mouth with unwashed hands.
- Clean and disinfect surfaces that you touch often (e.g. door handles, phones, television remotes, toilets, bedside tables).

Physical distancing:

- Stay home as much as possible. If you have to leave for errands, try to go out during less busy times. Consider ordering online or having items delivered.
- Limit the number of people you or your baby come into close contact with.
- Keep a distance of at least 2 metres (6 feet) from people who don't live with you. This includes when you are outside for walks or exercise, at your workplace, and when you are out for errands, groceries or medical trips.
- Stay away from people who are sick, especially those with cold or flu-like symptoms.
- Work from home, if you can.

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- Avoid social gatherings.
- Stay in virtual contact with family and friends. If you are feeling isolated, reach out.
- Avoid overcrowding in places like elevators. If you can, ride the elevator when it is empty or only one other person.

Masks:

- If you are a healthy individual, use of a mask is a personal choice.
- A mask is recommended when feeding a newborn if you have cold or flu like symptoms or COVID-19. For more information, see Postpartum and Newborn Care.
- Wearing an alternative (i.e. homemade) mask has not been proven to protect the person wearing it. Learn more [here](#).

3. I am finding this to be a really stressful time to have a baby. What are some things I can do and what resources are available to me?

Being pregnant and having a baby can be challenging at the best of times. It may also be more difficult during the COVID-19 pandemic. Know that you are not alone. If you are finding yourself feeling anxious or overwhelmed, please reach out. Your care team is here to support you and can help you connect with the resources you need during this time.

Practice good self-care which means:

- Get extra rest, including naps
- Try to maintain a healthy diet
- Be physically active, even at home
- Try your best to make some time for favourite activities you find relaxing even if it is just for a few minutes
- Take breaks from watching or listening to COVID-19 information
- Connect virtually with others in similar situations and talk about how you are feeling

Reach out for [postpartum support](#) or [online mental health supports](#) in BC during this time.

4. Where can I find more information about pregnancy, birth, breastfeeding, postpartum supports, and caring for my new baby?

- Visit [Interior Health “Having a Baby”](#)
- All pregnant women are encouraged to sign up for the Healthy from the Start Program. Once you sign up, you can speak with a public health nurse, receive prenatal information,

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ask questions, and get connected to resources in your community. [Sign up](#) with a confidential e-form or call the toll free number at 1-855-868-7710 as early in your pregnancy as possible.

- To prevent the spread of COVID-19, in-person prenatal classes are suspended. Prenatal information is available through a free text messaging prenatal education program called SmartMom. Sign up anytime in your pregnancy by visiting [SmartMomCanada](#) or by texting “**Interior**” to **12323**.

For more information on pregnancy, breastfeeding, and the early years visit:

[HealthLinkBC](#)

[Baby's Best Chance](#)

[Healthy Families BC](#)