



COVID-19

Toolkit for Pregnant People and New Parents

Updated Sept. 17, 2021 [Print](#)



Resources and tools to help pregnant and recently pregnant people, breastfeeding people and new parents caring for infants protect their health and help people who serve these communities communicate with them.

Web Resources

- [Pregnant and Recently Pregnant People](#)
- [Breastfeeding and Caring for Newborns](#)
- [COVID-19 Vaccines for People who are Pregnant or Breastfeeding](#)
- [COVID-19 Vaccines for People Who Would Like to Have a Baby](#)
- [V-safe After Vaccination Health Checker](#)
- [V-safe COVID-19 Vaccine Pregnancy Registry](#)
- [People with Certain Medical Conditions](#)
- [Health Equity Considerations and Racial and Ethnic Minority Groups](#)
- [Communication Toolkit for Migrants, Refugees, and Other Limited-English-Proficient Populations](#)
- [Cleaning and Disinfection for Households](#)

Clinical Care Guidance

- [Interim Clinical Considerations for Use of COVID-19 Vaccines Currently Authorized in the United States](#)
- [Guidance on Care for Breastfeeding People](#)
- [Considerations for Inpatient Obstetric Healthcare Settings](#)
- [Evaluation and Management Considerations for Neonates At Risk for COVID-19](#)
- [Providing Family Planning Services](#)

FAQs

- [Frequently Asked Questions](#)
- [Frequently Asked Questions about COVID-19 Vaccination](#)
- [Frequently Asked Questions about v-safe](#)



Household Checklist



Coronavirus Self-Checker

Featured Print Resources

Available in multiple languages

Pregnant or just had a baby? Take these steps to protect yourself from COVID-19


<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnant-people.html>

Pregnant and recently pregnant people are more likely to get severely ill from COVID-19 compared to people who are not pregnant.


Severe illness means that a person with COVID-19 may need:

- Hospitalization
- Intensive care
- A ventilator or special equipment to help them breathe


People with COVID-19 who become severely ill can die.



If you are pregnant or recently had a baby, and are not fully vaccinated, here's what you can do to protect yourself:


 **You can receive a COVID-19 vaccination. A conversation with your healthcare provider might help you make an informed decision but is not necessary.**

Avoid interacting in person with people who might have been exposed to COVID-19 as much as possible. If you or someone in your household is sick with COVID-19, follow recommendations for [isolation](#).



If you go out or interact with people who don't live with you, you should:

- [Wear a mask](#).
- Stay at least 6 feet away from anyone who doesn't live with you.
- Wash your hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- Avoid crowds and indoor spaces that do not offer fresh air from the outdoors.



Keep all of your recommended healthcare appointments during and after your pregnancy including your prenatal care appointments.

- Some of these appointments can be done virtually, like on a phone or on a computer.


Get [recommended vaccines](#), including the flu vaccine and the whooping cough (Tdap) vaccine


Ask your healthcare provider if you can get a 30-day (or longer) supply of your medicines, so you can make fewer trips to the pharmacy.

- If possible, ask someone to go to the pharmacy for you.

Call your healthcare provider if you have any health concerns.

- If you need emergency help, call 911 right away. Don't delay getting emergency care because of COVID-19.




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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Pregnant or just had a baby? Protect yourself



Protect yourself and your baby from COVID-19. Get vaccinated.



- COVID-19 vaccination is recommended for all people 12 years and older, including people who are pregnant, breastfeeding, trying to get pregnant, or might become pregnant in the future.
- The benefits of receiving a COVID-19 vaccine outweigh any known or potential risks of vaccination during pregnancy.
- There is currently no evidence that any vaccines, including COVID-19 vaccines, cause problems trying to get pregnant.
- COVID-19 vaccination in people who are pregnant or breastfeeding builds antibodies that might protect their baby.

Ask your provider about the COVID-19 vaccine.



cdc.gov/coronavirus

Protect yourself and your baby. Get vaccinated.



How to Safely Breastfeed If You Have COVID-19

Accessible Link: <https://www.cdc.gov/coronavirus/2019-nCoV/extra/information/you-are-a-breastfeeding.html>

We don't know for sure if mothers with COVID-19 can spread the virus to babies in breast milk, but based on what we do know, this is unlikely.



If You Have COVID-19 and Choose to Breastfeed

- Wash your hands with soap and water for at least 20 seconds before breastfeeding.
- [Wear a mask](#) while breastfeeding AND whenever you are less than 6 feet away from your baby.
 - » Do not put a face shield or mask on your baby. A face shield or mask could increase the risk of [sudden infant death syndrome \(SIDS\)](#) or accidental suffocation and strangulation.



If You Have COVID-19 and Choose to Pump or Express Breast Milk by Hand

- Use your own breast pump (do not share a breast pump).
- Wear a mask while pumping.
- Wash your hands with soap and water for at least 20 seconds before touching any pump or bottle parts.
- [Clean your pump](#) after you use it, every time.
- Try to have someone who lives with you feed the pumped breast milk to the baby. Make sure they do not have COVID-19 and are not at [increased risk](#).
- Any caregiver living with you might have been exposed, and should wear a mask when they are within 6 feet of the baby for the entire time you are in [isolation](#)* for COVID-19, and during their [quarantine](#)**.

* Isolation refers to keeping someone who is infected with the virus away from others, even in their home.
** Quarantine refers to keeping someone who might have been exposed to COVID-19 away from others.



Breastfeeding if You Are Separated from Your Newborn

If you have COVID-19, you may choose to temporarily separate from your newborn to reduce the risk of spreading COVID-19 to your baby. However, you may find it hard to start or continue breastfeeding. There are steps you can take that can help build your milk supply:

- Pump or feed every 2-3 hours (at least 8-10 times in 24 hours, including at night), especially in the first few days. This signals the breasts to produce milk and prevents blocked milk ducts and breast infections.
- If you are unable to establish milk production or have to temporarily stop breastfeeding for any reason, consider getting help from a [lactation support provider](#).



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Breastfeeding if You Have COVID-19



Keep Your Baby Healthy and Safe

Take these steps during the COVID-19 pandemic

Accessible Link: <https://www.cdc.gov/coronavirus/2019-nCoV/need-to-protect-your-pregnancy.html#staying-healthy>



Do not put a mask or face shield on your baby

Babies move frequently. Their movement may cause the plastic face shield or mask to block their nose and mouth, or cause the strap to strangle them.

- Children younger than two should not wear [masks](#) or face shields.
- Putting a face shield or mask on your baby could increase the risk of [sudden infant death syndrome \(SIDS\)](#) or could strangle or suffocate your baby.



Limit visitors to see your new baby

The birth of a new baby typically brings families together to celebrate. Before allowing visitors into your home:

- Consider the risk of COVID-19 to yourself, your baby, people who live with you, and visitors, like grandparents or other [people at increased risk of severe illness from COVID-19](#).
 - › Bringing people who do not live with you into your home can increase the risk of spreading COVID-19.
 - › Some people without symptoms can spread the virus.
- Limit in-person gatherings and consider other options, like celebrating virtually, for people who want to see your new baby.



Keep 6 feet between your baby and people who do not live in your household and between your baby and those who are sick

- Consider the risks of COVID-19 to you and your baby before you [decide whether to go out](#) for activities other than healthcare visits or child care.
- Ask your [child care program](#) about the plans they have in place to protect your baby, family, and their staff.



Know possible signs and symptoms of COVID-19 infection in babies

Babies under 1 year old might be more likely to have severe illness from COVID-19 than older children, but most babies who test positive for COVID-19 have mild or no symptoms.

- Reported symptoms in newborns with COVID-19 include fever, being overly tired or inactive, runny nose, cough, vomiting, diarrhea, poor feeding, and trouble breathing or shallow breathing.
- If your baby develops symptoms or you think your baby may have been exposed to COVID-19:
 - › Get in touch with your baby's healthcare provider within 24 hours and follow [steps for caring for children with COVID-19](#).
 - › If your baby has **emergency warning signs (such as trouble breathing)**, get emergency care immediately. Call 911.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Keep Your Baby Healthy



Caring for Your Baby if You Have COVID-19

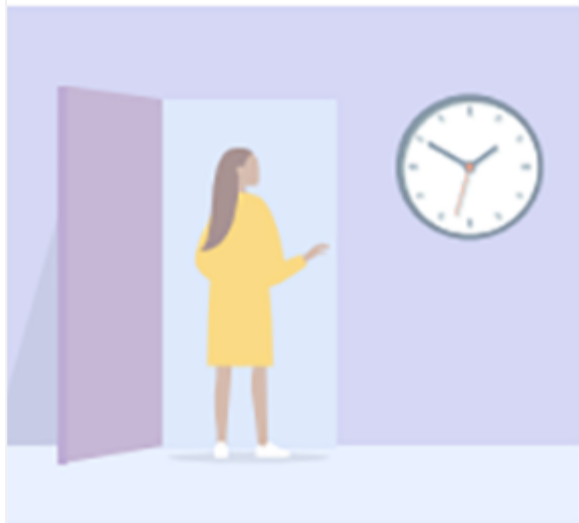
Accessible Link: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy.html#faq>

If you recently had a baby and are in isolation for COVID-19, take precautions while caring for your newborn in the hospital and at home.



If you are sharing a room with your baby in the hospital:

- Wash your hands with soap and water for at least 20 seconds before holding or caring for your baby. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- Wear a mask when within 6 feet of your baby.
 - » Do not put a face shield or mask on your baby. A face shield or mask could increase the risk of [sudden infant death syndrome \(SIDS\)](#) or accidental suffocation and strangulation.
- Keep your baby more than 6 feet away from you as much as possible.
- Talk to your healthcare provider about using a physical barrier while you are in the hospital, like placing your baby in an incubator.



Know when it is safe to end isolation and extra precautions

- If you had symptoms, it is safe to end your isolation after
 - » 10 days since your symptoms first appeared and
 - » 24 hours with no fever without fever-reducing medications like ibuprofen and
 - » Your other symptoms of COVID-19 are improving
- If you never had symptoms, it is safe to end your isolation 10 days after the date of your first positive COVID-19 test. After your isolation ends, you should still wash your hands before caring for your baby, but you don't need to take the other extra precautions.



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Caring for Your Baby with COVID-19



Care for yourself one small way each day



Take breaks to relax and unwind through yoga, music, gardening, or new hobbies

Find new ways to safely connect with family and friends, get support, and share feelings



Take care of your body and get moving to lessen fatigue, anxiety, or sadness

Treat yourself to healthy foods and get enough sleep



Substance Abuse and Mental Health Services Administration
Disaster Distress Hotline: call or text 1-800-985-5990

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Parents: Care for Yourself



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- Wash your hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- Avoid crowds and indoor spaces that do not offer fresh air from the outdoors.

✓ Keep all of your recommended healthcare appointments during and after your pregnancy including your prenatal care appointments.

- Some of these appointments can be done virtually, like on a phone or on a computer.

✓ Get [recommended vaccines](#), including the flu vaccine and the whooping cough (Tdap) vaccine.

✓ Ask your healthcare provider if you can get a 30-day (or longer) supply of your medicines, so you can make fewer trips to the pharmacy.

- If possible, ask someone to go to the pharmacy for you.

✓ Call your healthcare provider if you have any health concerns.

- If you need emergency help, call 911 right away. Don't delay getting emergency care because of COVID-19.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)









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Pregnant or just had a baby? Protect yourself



Other Print Resources

- [What You Can Do If You Are at Higher Risk of Severe Illness from COVID-19](#)  [730 KB, 1 page]
- [Stop the Spread of Germs](#)  [431 KB, 1 page]
- [Symptoms of Coronavirus Disease](#)  [354 KB, 1 page]
- [What to do if you are sick](#)  [453 KB, 2 pages]
- [How to Protect Yourself and Others](#)  [238 KB, 2 pages]
- [How to Safely Wear and Take Off a Mask](#)  [738 KB, 1 page]
- [COVID-19: Quarantine vs. Isolation](#)  [504 KB, 1 page]



COVID-19 Data During Pregnancy
COVID-19 Cases and Deaths



COVID-19 Data During Pregnancy
Birth and Infant Outcomes

CORONAVIRUS DISEASE 2019 | COVID-19 |



COVID-19 resources for pregnant people and new parents

CORONAVIRUS DISEASE 2019 (COVID-19)



Pregnant People

STOP THE SPREAD OF CORONAVIRUS

HELP PREVENT THE SPREAD OF RESPIRATORY DISEASES LIKE COVID-19

Stay at least 6 feet (about 2 arm lengths)
from other people.



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Stop the Spread of Germs

CORONAVIRUS DISEASE 2019 (COVID-19)



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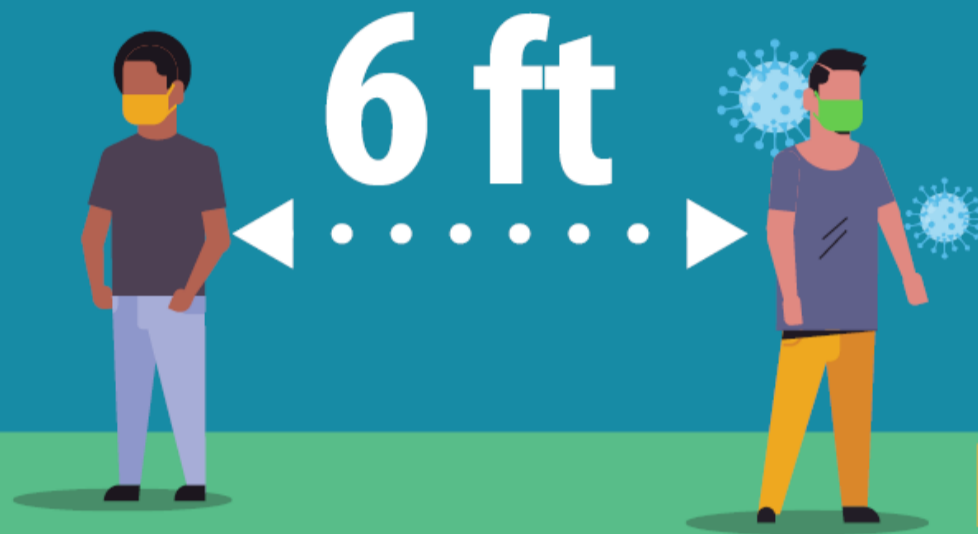
Vaccinations



STOP THE SPREAD OF CORONAVIRUS

HELP PREVENT THE SPREAD OF RESPIRATORY DISEASES LIKE COVID-19

Stay at least 6 feet (about 2 arm lengths)
from other people.



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CS321748-AL 4/15/2021

Social Distancing

CORONAVIRUS DISEASE 2019

(COVID-19)

It is especially important
for pregnant people, and
those who live with them,
to protect themselves
from getting COVID-19.



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Contact Tracing

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Stay home when you are sick, except to get medical care.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

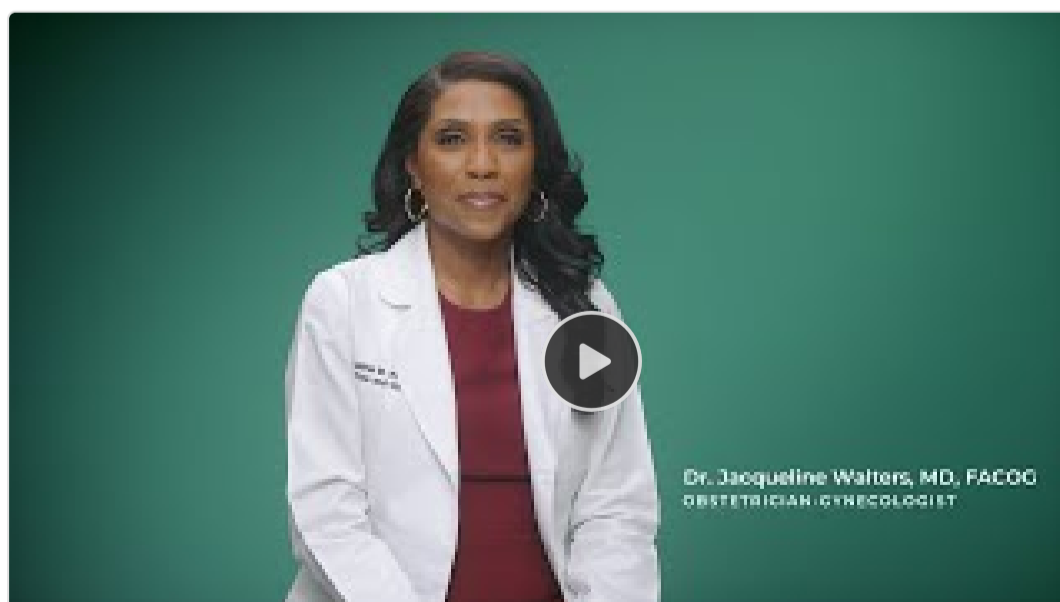
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What to do if you're sick



Mental Health

Videos



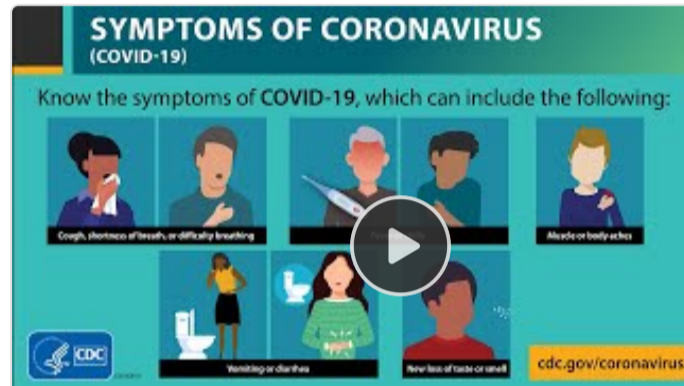
COVID-19 Vaccines PSA: Fertility – Dr. Walters 15 second



COVID-19 Vaccines PSA: Safety – Dr. Castillo 30 second



What to Expect After Getting a COVID-19 Vaccine



Symptoms of Coronavirus Disease



Care for Yourself



Shopping for Food and Other Household Essentials



Know how to wear your face mask correctly

10 Things You Can Do to Manage COVID-19 at Home





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10 Things You Can Do to Manage COVID-19 at Home

PSAs

Stay Healthy if You Are Pregnant

 English: [Audio](#)  | [Transcript](#)  [9.2 KB, 1 page]

 Spanish: [Audio](#)  | [Transcript](#)  [103 KB, 1 page]

People At Risk for Severe Illness

 English: [Audio](#)  | [Transcript](#)  [86 KB, 1 page]

 Spanish: [Audio](#)  | [Transcript](#)  [70 KB, 1 page]

Cleaning and Disinfection

 English: [Audio](#)  | [Transcript](#)  [9.6 KB, 1 page]

 Spanish: [Audio](#)  | [Transcript](#)  [48 KB, 1 page]

What To Do If You Are Sick

 English: [Audio](#)  | [Transcript](#)  [101 KB, 1 page]

 Spanish: [Audio](#)  | [Transcript](#)  [9.62 KB, 1 page]

Webinar