HFYH: Coronavirus and Pregnancy

Coronavirus (COVID-19) is a very contagious virus that attacks the respiratory system in most patients. For pregnant women, there are many unanswered questions about how Coronavirus can affect them and their unborn baby.

Are pregnant women more likely to get Coronavirus? “Pregnant women appear to have the same risk of COVID-19 as adults who are not pregnant. Still, much remains unknown for expecting moms and their unborn babies,” said Ana Ferwerda, MD, FACOG, FQHC Medical Director of the C. L. Brumback Primary Care Clinics.

Pregnant women should be vigilant to protect themselves by following all of the recommendations from the CDC and other health organizations. Those
include:

- Wash their hands often and use hand sanitizer with at least 60% alcohol
- Do not touch their eyes, nose, and mouth
- Stay away from sick people
- Practice social distancing of at least 6 feet from others
- Clean and disinfect things that others touch like phones, door handles, and counters

Can Coronavirus be worse in pregnant women compared to others? While there is not a definitive answer to this question, Dr. Ferwerda shares, “We do know that pregnant women have had a higher risk of severe illness when infected with viruses that are similar to COVID-19, like the flu.”

So it is especially important that expectant moms have regular prenatal care and prenatal visits. Prenatal providers will recommend steps to support a pregnant women’s immune system through healthy eating that includes lean meat, fruits and vegetables, whole-grain breads, and low-fat dairy products. Prenatal vitamins and other supplements, like folic acid, may also be recommended. Avoiding alcohol, recreational drugs, nicotine, and caffeine may also be part of an expecting mom’s prenatal care.
Can Coronavirus cause problems for a women’s pregnancy or be passed on to her baby? It is still too early to know all of the ways that Coronavirus affects a women’s pregnancy or her baby, but some pregnant women have had problems, like premature birth, and some babies born to mothers with Coronavirus have tested positive. If a new mother is positive for Coronavirus, her newborn should be tested to help with plans for the baby in the hospital and when the baby is home.

“I also assure them that they can continue to breastfeed even if they are positive as long as they take precautions such as proper hand hygiene and wearing a face mask,” Dr. Ferwerda added.

Is it safe to deliver in the hospital during the Coronavirus pandemic? Yes. Hospitals are taking every precaution to make sure moms and babies are safe from germs and most hospitals keep patients with Coronavirus symptoms away from other patients. Many hospitals are not allowing visitors to help reduce the risk of someone bringing Coronavirus into the facility.

What can a new mom and her newborn do when they go home from the hospital to protect themselves from getting Coronavirus? When a newborn is brought home, mothers should keep the baby away from others as much as possible while their infant’s immune system is developing. New moms and their baby should always stay at least 6 feet away from others when they have to leave the house, like for a doctor visit. If anyone in the home is sick, the baby should be kept away from them. All caregivers should wash their hands before and after touching the baby. All of these safety precautions will help reduce the chance that a new mother and her baby will get Coronavirus.
Support

Notice of Privacy Practices (PDF)
Privacy Policy & Disclaimer
Non-discrimination Notice
ADA Notice
Department of Transportation Notice
Hospital Price Transparency
Employee Access Center

COVID-19 Vaccine

vaccine.hcdpbc.org
Hotline: 561-804-4115

Compliance

**Compliance Hotline: 1-866-633-7233**
Compliance Page

Public Meetings
see all meetings

C. L. Brumback Primary Care Clinics Finance Committee

**Date:** March 31, 2021

**Location:**
In-Person & Zoom Meeting - SEE MEETING DETAILS INCLUDED

Health Care District of Palm Beach County
1515 N. Flagler Drive.
Suite 101
West Palm Beach, FL 33401

**Social Media**