

# Coronavirus (COVID-19) and Pregnancy

We know that everyone has been following the news about the worldwide spread of Coronavirus (COVID-19) and that there are many questions and concerns. **The information below reflects both the limited knowledge and expert opinions as of 3/10/2020. Most advice for pregnant women is similar to the advice for the general population in the United States.**

**\*\*\*\* Information on COVID-19 is rapidly evolving, and this information could become outdated by the time you read it. For the most up to date information, please visit the CDC and MA Department of Public Health websites\*\*\*\***

[www.cdc.gov](http://www.cdc.gov)  
[www.Mass.gov](http://www.Mass.gov)

**pregnant women more susceptible to infection or at increased risk for severe illness, morbidity, or mortality with COVID-19?**

Pregnant women are more susceptible to severe illness in outbreaks of other related coronavirus infections (SARS-CoV, MERS-CoV) as well as influenza. Limited data from China, however, do not show a greater risk for acquisition or severity of COVID-19 in pregnant women compared to other adults.

**Can pregnant women pass COVID-19 to their fetus during pregnancy?**

To date there is no evidence for intrauterine infection among women diagnosed with COVID-19 in the third trimester. In limited case series of infants born to mothers with COVID-19 so far, none of the infants have tested positive for COVID-19 and virus was not detected in samples of amniotic fluid.

**I am a hospital employee, should I avoid caring for patients that are potentially infected with COVID-19?**

Pregnant healthcare personnel should follow best hand hygiene practice, universal precautions, and be aware of all updated infection control guidelines for their health care facilities to keep themselves and others safe in the healthcare environment. At this time most facilities do not have policies specifically prohibiting pregnant employees from caring for patients with suspected or confirmed COVID-19.

**Should I avoid international travel?**

The impact of COVID-19 around the globe is evolving quickly. All patients should avoid travel to areas designated with a Level 3 CDC Travel warning. For pregnant patients, all international travel is **strongly discouraged** at the current time.

**Should I avoid domestic travel?**

The prevalence and distribution of COVID-19 infection in the United States is evolving rapidly. Pregnant women should strongly consider avoiding non-essential travel. Patients should review the latest information and advisories before embarking on any trip.

**I was on a crowded T train this morning, near a patient that was coughing. Should I be tested for COVID-19?**

Testing is not indicated in this situation. The COVID-19 tests are currently only used for patients with symptoms and risk factors such as travel to Level 3 areas or exposure to a confirmed patient with COVID-19. Testing guidance is likely to evolve rapidly and indications for testing will likely change in the coming days/weeks.

**Should I avoid crowded places (i.e., the T, a restaurant, a concert)?**

The CDC now recommends that people with risk factors for increased disease severity (older adults and those with chronic medical conditions) spend most of their time at home, avoiding activities that involve large crowds. **While CDC does not consider pregnancy alone to be a risk factor for increased disease severity, this is appropriate advice for high risk pregnant women with comorbidities.** As always washing hands, avoiding touching your face, and staying home when you are ill is very important.

**I have had a recent exposure to someone who recently is under investigation for COVID-19. I am not having any symptoms. Should I come to my appointment in the office?**

Please call the office (617-732-1510) ahead of your visit to discuss the particulars of your situation so we can guide you and best prepare for your visit. Our goal is to provide you with appropriate care as well as protect the health of our other patients and our staff.

**I have had a recent exposure to someone who recently is under investigation for COVID-19. I have developed symptoms such as sore throat, cough, muscles aches and/or fever. Should I come to my appointment in the office?**

Please call the office (617-732-1510) first to discuss your symptoms so we can guide you to the best place for you to receive care. Our goal is to provide you with appropriate care as well as protect the health of our staff and other patients.