SUNDHEDSSTYRELSEN

⌐ **corona | covid-19** ¬

Recommendations on pregnancy and COVID-19

Why are pregnant women considered "at risk" with regards to the corona virus??

Even though, as of yet, there is no evidence of pregnancy being a special risk factor for infection, nor of the unborn child being at risk in case of infection with COVID-19, the Danish National Health Service still considers pregnant women a vulnerable group. This is as a precaution, since pregnancy in general is linked to a higher risk of incurring infection.

What can I do to protect myself from infection?

Wash your hands often or use hand sanitizer, e.g. after touching door handles, light switches, and when entering your home.

Cough and sneeze into your sleeve, not your hands.

Avoid physical contact like handshakes, hugs and kisses on the cheek

Be diligent about cleanliness

Keep your distance and ask others to show the same consideration

Additionally, you can:

– Avoid places where people gather. Avoid public transportation as much as possible.
– Maintain a distance of at least 1-2 m from others.
– Do not babysit other peoples' children.

If pregnant, you should pay special attention to the following symptoms and contact your doctor if you experience:

– New-onset coughing
– Fever
– Difficulty breathing

– Illness lasting for several days
– No signs of getting better
– Symptoms worsening

Should my child and I get tested?

– If you have symptoms, even mild symptoms like a cold, you should get tested.
– If you have COVID-19 but your child appears healthy, the child does not need to be tested.
– The newborn child should only be tested if exhibiting symptoms. It is up to the pediatrician to make the assessment.

Can I give birth at home?

– If you, your partner or any of your children are infected with COVID-19, or are exhibiting any symptoms, you cannot have a home birth. This is to protect the midwife from exposure.

Can my partner or another relative be present during labour?

– Yes, you may have one person with you during labour. However, this person must not have, nor experience any symptoms of, COVID-19.

Upon delivery, am I allowed to be with my newborn child?

– Yes. Even if you are infected with COVID-19, you may be with your newborn child.
– However, your partner or other relatives with COVID-19 or symptoms thereof must preferably avoid contact with the newborn.
– If the baby is admitted to the neonatal intensive care unit, a mother exhibiting symptoms of COVID-19 should avoid contact with the newborn child as much as possible.

May I breastfeed my newborn child?

– Yes, you may breastfeed your child. Coronavirus has not been found in breast milk from mothers infected with COVID-19.

Recommendations before and during breastfeeding:

When breastfeeding, it is recommended that you follow the Danish National Health Service's general advice on how to minimize the risk of spreading COVID-19 (see page 1). If you are infected with COVID-19, it is recommended to heed these following precautions as well:

– Wash your hands with water and soap before touching your baby, breast pump or bottles.
– Before breastfeeding, wash your breast with water and soap.
– Wear a facemask when in close proximity to the child, including during breastfeeding.
– When using a breast pump, be diligent in following the instructions on cleaning the device upon each use.

Are my children allowed to be with the newborn?

– Children who are healthy may be with the newborn.
– Children who are ill, and children showing signs of infection, should avoid any close contact with the newborn. Extra attention must be paid to keeping the home clean, washing hands often, etc.

Will the health visitor come to our home for consultation?

– If you have COVID-19, the health visitor will still visit you at home on day 4 or 5, but will call you before the visit. Other home visits will be arranged directly with your health visitor.