

COVID-19 ILLNESS AND PREGNANCY

HOW TO CARE FOR YOURSELF AND YOUR BABY

IS IT SAFE TO GET VACCINATED WHILE PREGNANT?

Getting vaccinated against COVID-19 reduces the risk of severe outcomes, and there is no evidence that mRNA COVID-19 vaccines affect pregnancy, body feeding, or fertility.



I'M PREGNANT. CAN I TRANSMIT COVID-19 TO MY BABY WHILE THEY'RE IN ME?

There is currently no evidence of babies getting COVID-19 during pregnancy from the birth parent or during the birthing process.



I WANT TO TOUCH AND FEED MY BABY AND I'M COVID-19 POSITIVE. CAN I?

The Government of Canada states that with the proper precautions, body feeding, skin-to-skin contact, and rooming-in are possible and recommended.



WILL MY MILK GIVE MY BABY COVID-19?

Analysis showed no detectable viral loads of COVID-19 in the milk of individuals with COVID-19 in pregnancy. Feeding with human milk provides infants with nutrients, immune cells, and antibodies to fight illness.



WHAT PRECAUTIONS SHOULD I TAKE?

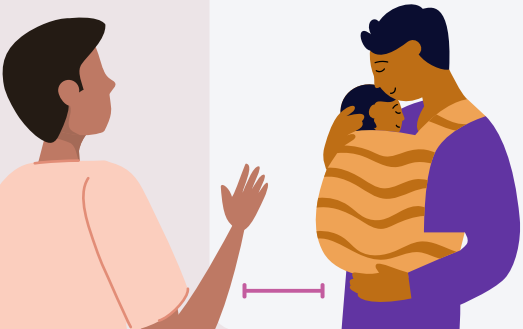
A COVID-19 positive parent should take the following precautions when in close contact with their baby:

- Using a face mask
- Handwashing before and after contact
- Improving ventilation, if possible



HOW ELSE CAN I PROTECT MY BABY AND ME?

Maximizing physical distance from others when possible ex. baby-wearing
Limiting visitors to reduce the risk of possible exposure
Following advice of local public health authorities
Maintaining physical and mental health



WHAT SUPPORTS ARE OUT THERE FOR ME?

Remember your community supports, friends, families, and healthcare providers. Click here for more resources:

[Canadian Mental Health Association](#)
[Healthy Babies Healthy Children Program](#)
[Hope for Wellness Helpline \(Indigenous Focused\)](#)
[Mount Sinai Perinatal Mental Health Program](#)
[Parkdale Queen West Postpartum Program](#)

