



Information about COVID-19 is frequently being updated. The messages below may change as our knowledge of the virus evolves.

Where can I find up-to-date information regarding COVID-19?

A lot of the information about COVID-19 applies to both pregnant and non-pregnant individuals. For trusted, up-to-date Saskatchewan-specific information go to [Saskatchewan.ca/coronavirus](https://saskatchewan.ca/coronavirus)

Prevention of COVID-19 Infection

To protect yourself or your family from illness and reduce your risk of getting COVID-19 or spreading it to others it is important to:

- Ensure you are practicing social distancing. Stay home and limit the number of people you and your baby come into close contact with. Avoid all non-essential travel.
- Wash your hands often with soap and water for at least 20 seconds. Wash frequently, if your hands are visibly dirty, after using the washroom, after contact with others including your baby, after you cough or sneeze and before and after you eat. If you cannot wash your hands, use an alcohol-based hand sanitizer (containing at least 60% isopropyl alcohol).
- Stay home and away from others if you are sick. Cover your coughs and sneezes. If you do not have a tissue, cough or sneeze into your upper sleeve or the bend of your elbow, not your hands.
- Avoid touching your eyes, nose and mouth, surfaces and other people.
- Clean and disinfect areas that you frequently use regularly with soap and water.

What should I do if I think I have the COVID-19 virus?

- If you are feeling unwell, complete the COVID-19 Self-Assessment tool at www.saskatchewan.ca
- If you or your family requires information or guidance you can call 811 or your health care provider.
- To help from spreading the virus, wear a facemask to cover your mouth and nose if you must go out for testing or treatment. If your mask gets wet or dirty, change it and wash your hands right away. Homemade fabric masks are not medical devices; there is no evidence that they protect you from virus-sized particles, but they can protect others from you.

Do not delay essential medical care due to the concern of contracting COVID-19 at the hospital. The hospital is safe for medical or obstetrical emergencies.

What should I do if I am confirmed to have COVID-19?

- It is important to share this information with your health care team (doctors, nurses, midwife) so they can determine the best care for you and your baby. Your healthcare provider will discuss with you the need to consult an obstetrician.
- Follow the self-isolation information from the Government of Saskatchewan website.
- Most people will have mild symptoms and can stay at home.
- If your symptoms get worse or you require medical assistance:
 - Call your healthcare provider right away; or
 - Go to the Emergency Room or Call 911 if it is an Emergency!

Pregnancy (Prenatal)

I am currently pregnant. Am I more at risk of getting COVID-19? How will COVID-19 affect my baby and me?

- There is no evidence that pregnant people are more at risk of catching COVID-19.



- The majority of pregnant people who tested positive for COVID-19 have experienced mild to moderate symptoms (fever, shortness of breath, cough, and being tired). There is limited evidence that pregnant people experience more severe symptoms when sick with COVID-19.
- Throughout pregnancy, pregnant individuals experience changes in their bodies and immune system. This is why it is important for pregnant people to prevent infection.
- Due to the pregnancy changes in your body, you may be at higher risk of having moderate to severe symptoms including higher rates of hospital and intensive care unit admissions. In most cases, mother and baby will recover well.
- Pregnant employees or pregnant healthcare workers can continue to work. It may be reasonable to discuss with your employer the ability to limit your exposure to other people with confirmed cases of COVID-19.

How does COVID-19 affect my baby (fetus)?

- Some information suggests that babies born to people who have COVID-19 during pregnancy may be born premature (before their due date) or with a low birth weight.
- Birth defects (or fetal malformations) have **not** been found in the births of people with COVID-19 or other similar viruses.
- There is currently **no** evidence of mother-to-child transmission during pregnancy or childbirth when the mother has COVID-19. The research available tells us that COVID-19 is not passed to your unborn baby. The virus has **not** been found in:
 - amniotic fluid (a fluid in your uterus that you share with your baby),
 - placenta,
 - breast milk,
 - umbilical cord blood of their babies.

Should I still see my healthcare provider (doctor or midwife) or receive regular prenatal testing (e.g. blood work, ultrasound)?

- It is important that you have prenatal and postpartum care. Your healthcare providers, doctors, and midwives will continue to provide care to you and your baby.
- Scheduled appointments may be done over the telephone or through virtual health technology. Please call your provider for further direction.
- You will be asked questions and screened for potential COVID-19 any time you see healthcare providers for appointments, testing such as getting blood work or an ultrasound, and when you are ready to deliver your baby. If you are positive some tests and visits may be done later or done in special locations. Call ahead.
- If you are worried about leaving your home to attend an appointment, talk to your healthcare provider.

Is there risk of infection when heading to hospital for delivery?

- Special precautions have been put in place to prevent the spread of COVID-19 in all the Saskatchewan Health Authority's maternal care units.
- Health care providers have up to date information and education about delivering babies with COVID-19, supporting breastfeeding and providing newborn care.
- Several important steps will be taken to ensure the safety of all patients; this includes pre-screening all patients and their support persons prior to entering the maternal care unit. **Be honest if you have symptoms - you will not be turned away!**
- Dedicated spaces and ways of providing care have been created for patients with COVID-19.



Labour and Birth

- Cesarean section is **NOT** automatically required if you have COVID-19 in pregnancy.
- You can bring with you **TWO** people to support you during your labour and following the birth of your baby. These people must remain the same for the entire time and should limit their presence in the hospital while you are there. They are encouraged to stay in your room and reduce the amount of times they come and go from the hospital. Your support people cannot be sick and are screened for COVID-19 during your hospital stay. The support person screening tool can be viewed on the Government of Saskatchewan website.
- All maternal patients are offered a COVID19 test on admission. This test can provide important information for the health and wellbeing of mothers during labor and in understanding the provincial transmission of COVID19. Please discuss the test with your health care provider.
- If you test positive for COVID-19, your healthcare provider may consult an obstetrician (a physician who specializes in pregnancy and birth). Talk to your healthcare provider (physician or midwife) to discuss plans for your birth. If you have COVID-19 your support people will be limited to your room.
- If you do not have COVID-19, your labour will proceed as expected, either in a hospital with your healthcare provider or out of hospital with your registered midwife.
- If you screen positive upon entering the hospital, but do not have any symptoms of COVID-19, you should be able to deliver in your planned site. If you screen positive and have symptoms of COVID-19 or if you have tested positive for COVID-19, your healthcare provider may arrange for you to deliver in another hospital where more services are available.

I have COVID-19, what can I expect during the labour and birth of my baby?

- Hospital birth is recommended. It is the safest option for pregnant people who are currently either having symptoms or are positive for COVID-19. This should be discussed with your healthcare provider.
- You will be asked to wear a mask during labour, birth, and postpartum to help prevent the spread of the virus. Healthcare providers and your supports will wear a gown, gloves, mask, and a mask or eye shield to care for you.
- You and your baby will be closely monitored and it may be recommended you have an early epidural.
- It is still an option to have delayed cord clamping for 60 seconds or greater at birth.
- It is still a recommendation to have immediate and ongoing skin-to-skin contact.
 - To protect your baby, you should wear a mask and wash your hands and chest before having skin-to-skin contact with your baby.
- You and your newborn can remain together in the same room after birth as long as you or your newborn does not need medical attention.

Infant Feeding

I am planning to breastfeed my baby. Can I still do this if I have COVID-19?

- The COVID-19 virus is not in breastmilk based on the information available. The recommendation is to breastfeed. Your breast milk provides the best nutrition and health benefits for your baby.
- Special properties in your breast milk, like antibodies, can protect your baby from getting an infectious disease.
- When breastfeeding, using a breast pump, or caring for your baby there are ways to decrease the risk of COVID-19 being spread to the baby.
- There is more information regarding infant feeding in the Saskatchewan Maternal and Children's Provincial Program [COVID-19 and Feeding Your Baby](#) document.



Reducing Risk of COVID-19

How can I decrease the risk of COVID-19 being spread to my baby?

It is important to discuss the risks and benefits of keeping your baby with you while you have COVID-19 with your healthcare providers. COVID-19 is spread through respiratory droplets. It is important to decrease the risk of your baby getting COVID-19 by:

- Wear a surgical/procedure mask.
- Avoid coughing or sneezing on your baby.
- Wash your chest before breastfeeding and skin-to-skin if you have been recently coughing.
- Always wash your hands before and after feeding or caring for your baby.
- If you are not breastfeeding or are too ill, a healthy adult who is not COVID-19 positive and does not have symptoms of COVID-19, should feed your baby and provide all other care.
- Clean and disinfect areas that you frequently use regularly with soap and water.

These prevention steps should be followed any time you are feeling unwell, have symptoms of COVID-19, and during the 14 day period of self-isolation and monitoring for COVID-19.

There are important steps for preventing the spread of COVID-19 and removing your mask.

Step 1. Wash your hands before putting on your mask

Washing Hands with Soap and Water	Using an Alcohol-Based Hand Sanitizer
Wet hands with water	If hands are visibly dirty, wash with water
Apply enough soap to cover wet hands	Apply enough sanitizer to cover hands
Scrub all surfaces of the hands for at least 20 seconds, including palms, back of hands, thumbs, between fingers, and under nails	
Rinse well with running water	Allow to completely air dry
Dry hands with a disposable towel or a clean cloth	

Step 2. Place the mask on your face with the loops around your ears.

Step 3. Do not touch the mask while it is on. Replace your mask if it gets damp or dirty.

Step 4. If you accidentally touch the mask while it is on, wash your hands.

Step 5. Carefully remove the mask by grasping the loops on your ears and releasing it from your ears. Be careful and don't touch the outside of the mask. Discard the mask in a lined garbage bin.

Step 6. Wash your hands.

Discharge

What will happen when I am ready for discharge from the hospital?

- Your healthcare provider will discuss if you are ready for discharge to home.
- Once you are at home, a public health nurse will contact you to see how you and your baby are doing. They will discuss the need for further care.
- Follow up appointments may occur virtually or by telephone.
- Self-monitor by paying attention to new COVID-19 symptoms including your temperature if you are living in or leaving an area with known COVID-19 cases. At the first sign of symptoms, such as increase in body temperature, development of a cough, sore throat, shortness of breath, you should self-isolate and call HealthLine 811.