



Pregnancy and Birth During COVID-19

New life continues even in difficult times. If you are newly pregnant or will soon have a new baby, protecting your health and getting the care you need are very important during this time.

COVID-19 and pregnancy

- COVID-19 is a new disease so we do not know a lot about how the virus affects pregnant people.
- We do know that pregnant people with COVID-19 may be at higher risk of getting more serious illness.

Protect your health

- Get the health care you need.
- Try to stay home as much as possible and limit your contact with people outside of your household.
- Wash your hands often using soap and water or alcohol-based hand sanitizer if you can't wash your hands.
- Follow [physical distancing guidelines](#).
- Wear a cloth face covering when you go outside of your home.
- Talk with your employer about how you can stay safe while working.
- If you use medications, keep a 30-day supply on hand.
- Stay up to date on vaccines. There is no COVID vaccine, but other vaccines, like the flu vaccine, help you stay healthy.

If you get sick

- Call your health care provider. Your health care provider will support you and talk to you about ways to keep the virus from spreading to others.
- Some newborns have tested positive for COVID-19 shortly after birth. It is not known whether these babies got the virus before, during or after birth.

For more information about your health and pregnancy during COVID-19, check out the following resources:

- [American College of Obstetrics and Gynecologists: Q&A for Patients](#)
- [Centers for Disease Control: Pregnancy and Breastfeeding](#)

Beginning and continuing care

Prenatal care is important for a healthy pregnancy because it helps you and your health care provider:

- Take care of health problems before they become serious
- Make sure your baby is growing well
- Ask and answer questions and learn about your pregnancy
- Talk about ways you can feel better while you are pregnant

Are you pregnant and need help finding health care or other support? [Oregon MothersCare](#) can connect you to pregnancy information, help and services, including:

- Free pregnancy testing
- [Oregon Health Plan](#) (OHP) application support
- Prenatal care
- Dental care
- Other health care appointments
- [Women Infants and Children \(WIC\)](#) nutrition services
- Housing
- Transportation
- Other pregnancy and health-related information and services

All Oregon MothersCare services are **free** and available to any pregnant person regardless of their income, insurance status, or citizenship status. Click [here](#) to find an OMC Access Site near you.

Don't live in a community with an OMC program?

Call 211 for help finding pregnancy-related resources in your area.

Prenatal care

- **Do not skip your prenatal care appointments.** If you are worried about going to your appointment because of COVID-19, talk to your health care provider by phone.
- Prenatal care may look different as our communities and health care providers learn to work differently during COVID-19.
- Some pregnant people may have fewer or more spaced out in-person appointments.
- You also may talk more with your health care provider over the phone or through an online video call. This is a good way for you to get the care you need while preventing the spread of virus.
- Visitors may not be allowed at in-person appointments, so check with your health care provider before you bring someone with you.
- You may be asked to wear a mask at in-person appointments.

Labor and delivery

- Talk with your health care provider about your birth plan.
- In most cases, the timing and method of delivery (vaginal birth or cesarean birth) do not need to be changed.
- If you plan to deliver at a hospital or birth center, they may be adjusting how they do things. Talk with your health care provider about what might happen during your labor and delivery.
 - There may be changes to the number of visitors allowed and how long you will stay in the hospital.
 - You may be screened for symptoms or tested for COVID-19
 - You may be required to wear a mask.
 - You may not be able to use a birthing tub.
- Be sure to mention if you are planning to have a doula with you during childbirth.

After your baby is born

- If you qualify for Oregon Health Plan (OHP), you will need to let OHP know about the birth of your baby. Your hospital or an [OHP-certified community partner](#) should be able to help with this, or you can [update your information online](#).
- Limit your contact with people outside your household.

- As you start life with a newborn, you can find support from your local home visiting program. You can find more information about home visiting from your [local public health department](#) or from the [Healthy Families Oregon website](#). Many local home visiting programs are continuing to provide visits remotely during this time.
- The [WIC Program](#) can help you access food and nutrition support. WIC offices are open and having appointments over the phone, by email and video chat.
- Do not skip postpartum care appointments.
- Newborns should *never* wear a face covering.

Managing stress

Pregnancy and welcoming a new baby can be very stressful. If you are having a hard time, there are resources to help you.

- [Oregon Health Plan \(OHP\) Nurse Advice Line for OHP members](#): 1-800-562-4620
- [Postpartum Support International Helpline](#): 1-800-944-4773,
Text: 503-894-9453 (English) or 971-420-0294 (Spanish)
- [Baby Blues Connection](#): 1-800-557-8375
- [Oregon Coalition Against Domestic and Sexual Violence: Find Help](#)
- [National Suicide Prevention Lifeline](#): 1-800-273-8255
- [211 community information center](#):
 - CALL 211 or 1-866-698-6155
 - TTY: dial 711 and call 1-866-698-6155
 - TEXT your zip code to 898211 (TXT211)
 - EMAIL help@211info.org

Document accessibility: For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact Mavel Morales at 1-844-882-7889, 711 TTY or OHA.ADAModifications@dhsoha.state.or.us.