



Coronavirus Disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

COVID-19 is a new virus that can cause illness. COVID-19 affects the lungs and sometimes other parts of the body. The most common symptoms of COVID-19 are cough, fever or chills, and shortness of breath or difficulty breathing. The virus may also cause fatigue (being tired), muscle or body aches, headache, new loss of smell or taste, congestion (stuffy nose), runny nose, sore throat, nausea, vomiting, and diarrhea. People usually start to feel sick within 2 to 5 days after getting the virus, but it can take up to 14 days. Some people who get COVID-19 feel fine and do not know they have the virus. Others will feel like they have the flu. Some are very sick. About 2 in 1000 women between 15 and 44 years old who get COVID-19 will die.

How is COVID-19 spread from one person to another?

COVID-19 is mostly spread by close contact with someone who has the virus. COVID-19 is passed by droplets from the mouth or nose. When a person who has COVID-19 breathes, talks, coughs, or sneezes, people who are near them may get the virus. When droplets that have COVID-19 are breathed in or come in contact with your nose, mouth, or eyes, you can get the virus.

How can I protect myself and other people from getting COVID-19?

- Always cover your mouth and nose with a mask when you are around other people.
- Stay at least 6 feet away from other people whenever it is possible. This is called social distancing.
- Wash your hands often. Use soap and water for at least 20 seconds (as long as singing the ABCs song). You can use cold or hot water. Always wash your hands before you eat, before you touch your face, and after you touch something that someone else might have touched. If you can't wash your hands, use hand sanitizer that has at least 60% alcohol.
- As much as possible, do not spend time indoors with people other than those who live with you.
- Stay at home and stay away from other people if you feel sick.

When should I get tested for COVID-19?

Get tested for COVID-19 if you:

- Have symptoms of COVID-19
- Have been in close contact (within 6 feet for at least 15 minutes) with someone who has tested positive for COVID-19
- Have been asked by a health care provider to be tested

If you think you need to get tested for COVID-19, contact your health care provider. Stay at home and away from other people while you are waiting for your COVID-19 test results.

What should I do if I have a positive COVID-19 test?

If you test positive for COVID-19, tell your health care provider and everyone you have been in close contact with. Stay at home and away from other people. Only leave if you need medical care. Wear a mask if you need to leave the house. Most people will get better at home with no problems. Talk with your health care provider or a pharmacist about medicines to treat your symptoms. Drink lots of fluids and rest often. Cover your mouth and nose with a tissue when you cough or sneeze. Wash your hands often.

If you live with other people or pets, stay away from them as much as possible. If you need to be around them, wear a mask over your nose and mouth. Do not share dishes, cups, eating utensils such as forks and



spoons, towels, sheets, or pillowcases. Wash these things with soap and water after using them. Everyone should wash their hands and clean surfaces often.

When should I call my health care provider or get emergency medical care if I have COVID-19?

Call your health care provider if you are feeling worse.

Get emergency medical care if you:

- Are having a hard time breathing or feel like you cannot catch your breath
- Have pain or pressure in your chest that won't go away or is getting worse
- Have new confusion (are not able to think well)
- Are not able to stay awake
- Have blue lips or your face is blue

How can having COVID-19 during pregnancy affect me?

Pregnant women who get COVID-19 are more likely to be sicker and need to be in the hospital for treatment compared to women who are not pregnant. Women with health problems like heart or lung disease, diabetes, and obesity have an even higher chance of being very sick with COVID-19. Overall, the chance of dying from COVID-19 is very low. But of all the women who get COVID-19 and have symptoms, pregnant women have a higher chance of dying than non-pregnant women.

How can having COVID-19 during pregnancy affect my baby?

Passing COVID-19 to your baby during pregnancy seems to be possible but very rare. Scientists think having COVID-19 in pregnancy may increase the chance of preterm birth, stillbirth, and the baby being smaller than normal. This is not known for sure yet, and more research is needed.

How might the COVID-19 pandemic affect my prenatal care, labor, and birth?

Since the COVID-19 pandemic started, it is common to have a mix of online and in-person prenatal care visits. Some providers are spacing visits so pregnant women are not seen as often. Having fewer prenatal care visits is safe for most women. During your labor, birth, and postpartum care, the number of people you can have with you may be limited. You may be required to have a COVID-19 test when you go into labor. Check with your health care provider and planned place of birth about their COVID-19 policies.

For More Information

CDC: COVID-19 General Information

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

CDC: COVID-19 Information for Pregnancy, Breastfeeding, and Caring for Newborns

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>

American College of Obstetricians and Gynecologists: COVID-19, Pregnancy, and Breastfeeding: A Message for Patients

<https://www.acog.org/womens-health/faqs/coronavirus-covid-19-pregnancy-and-breastfeeding>

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