

COVID-19 FAQs for Pregnant Healthcare Workers

Q: Is COVID-19 worse for pregnant women?

A: Not likely. It appears that pregnant women have the same type and level of symptoms as people who are not pregnant. The American College of Obstetrics and Gynecology (ACOG) states, “Currently available data on COVID-19 does not indicate that pregnant women are at increased risk.”

For more information, visit <https://www.acog.org/Clinical-Guidance-and-Publications/Practice-Advisories/Practice-Advisory-Novel-Coronavirus2019?IsMobileSet=false>

Q: Do pregnant women need to take any additional precautions?

A: No. Per the United Nations Population Fund, “Pregnant women should take the same preventive actions to avoid infection recommended for all adults, such as avoiding close contact with anyone who is coughing and sneezing, washing hands often with soap and water or alcohol-based hand rub, covering mouth and nose with a tissue or elbow when coughing and sneezing, and thoroughly cooking meat and eggs.”

For more information, visit <https://www.unfpa.org/press/unfpa-statement-novel-coronavirus-covid-19-and-pregnancy>

Q: Can my unborn baby get the coronavirus from me?

A: Likely, no. A recent study looked at samples taken from women who were infected with COVID-19 at the time of birth. There was no detectable COVID-19 in any sample of amniotic fluid, cord blood, neonate throat swabs, or breast milk. There is currently no evidence to suggest the virus can cross the placenta.

For more information, visit <https://www.sciencedirect.com/science/article/pii/S0140673620303603>

Q: If I am pregnant, should I exclude myself from caring for patients with COVID-19?

A: No. Based on limited data regarding COVID-19 and pregnancy, ACOG currently does not propose creating additional restrictions on pregnant healthcare workers because of COVID-19 alone. Pregnant women do not appear to be at higher risk of severe disease related to COVID-19. Pregnant healthcare workers should follow CDC guidelines on [risk assessment](#) and [infection control](#) for healthcare workers exposed to patients with known or suspected COVID-19. Adherence to recommended infection prevention and control practices is an important part of protecting all healthcare workers in healthcare settings.

For more information, visit <https://www.acog.org/clinical-information/physician-faqs/covid-19-faqs-for-ob-gyns-obstetrics>

The CDC says that healthcare workers who wear the appropriate personal protective equipment (PPE) are at a low risk of exposure:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/pregnant-women-faq.html>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>

The Society of Maternal-Fetal Medicine’s guidelines are consistent with the CDC and ACOG:

<https://s3.amazonaws.com/cdn.smfm.org/media/2267/COVID19- updated 3-17-20 PDF.pdf>