

March 12, 2020

Coronavirus infection COVID-19 and pregnancy

There is currently still little information on the infection rate and the course of coronavirus infections COVID-19 in pregnant women. The following statements can be derived from the limited published evidence at present:

- So far there is no evidence that the infection rate in pregnant women is higher than in non-pregnant adults. With regard to measures to protect against transmission of the virus, currently the same measures apply as for non-pregnant adults according to the FOPH.
- In the few cases of COVID-19 infection in pregnant women that have been published to date, there is no evidence that COVID-19 infection leads to symptoms or more severe courses of the disease in pregnant women than in non-pregnant women.
- In the few cases of COVID-19 infection in pregnant women that have been investigated to date, there is no evidence of intrauterine (vertical) transmission to the fetus. Neither in the newborn nor in the amniotic fluid has the virus been detected so far.
- The mode of birth in pregnant women with COVID-19 infection should be adapted to the obstetric situation and the general condition of the woman. Protracted births should be avoided if possible. Strict precautions must be taken to protect the newborn baby and staff during delivery.
- After birth, the child should be protected as far as possible from transmission by the mother. The methods by which the newborn child should be protected must be discussed and determined with the mother in each individual case. A general spatial separation of mother and newborn after birth is not recommended at present (inconsistent recommendations).
- There is currently too little data to make a clear recommendation for breastfeeding in women with COVID-19 infection. So far, however, the virus could not be detected in breast milk. It should be determined individually with the mother whether she wants to breastfeed or whether she should express breast milk. If she chooses to breastfeed or express, strict measures must be taken to prevent transmission to the child (washing and disinfection of hands, face mask, disinfection of the breastpump, etc.).

Due to the dynamic situation of the COVID-19 epidemic and many uncertainties regarding pregnancy and childbirth, recommendations can generally change rapidly.