

# Pregnancy During the COVID-19 Pandemic: What to Expect from Your Health Care Team

Your health care team – including your doctors, midwives, nurses, and doulas – may have changed the way they give you care to make sure that you and your baby stay safe during the pandemic. Here are some things you can expect while receiving care.

## What to Expect from Your Health Care Team

### Before Having Your Baby

You will get prenatal care from your health care team when you first get pregnant until you have your baby. It is important to start prenatal care at the very beginning of your pregnancy to keep you and the baby healthy. Your doctor, midwife, nurse, or doula will check you and the baby at every visit. Going to prenatal care visits also lets you ask questions and talk about how you are feeling.



### Talk with your health care team about:

- Who to call if you think you are in labor.
- What to expect when you arrive at the hospital or birthing center to have a baby.
- How to feed your baby (breastfeeding, expressing milk, donor milk, or formula).

The COVID-19 vaccine is recommended if you are pregnant, planning to become pregnant, or are breastfeeding. Talk with your doctor, midwife, or nurse about which COVID-19 vaccine is right for you. You can also learn more about getting the COVID-19 vaccine while pregnant or breastfeeding on the [CDC's website](#).

### Some things to expect:

- You may meet with your doctor, midwife, nurse, or doula using telehealth instead of seeing them in-person to lower your risk of getting COVID-19. Telehealth is when you use a phone or computer to talk with your health care team.
- You may be asked about COVID-19 symptoms before your visit or checked for those symptoms when you arrive to the office.
- You may need to wear a mask during your visit and everyone you meet with may also be wearing one.
- You may or may not be able to bring other people with you to your appointment. Ask if your support person or other family members can join the visit by phone or video.
- You may have tests done, like bloodwork and ultrasounds, to check on your health and the health of your baby.
- Prenatal classes to help you prepare for your baby may be virtual (online) instead of in-person.



## During Labor and the Birth of Your Baby

### Here are some things to expect:



- You may be tested for COVID-19 at the hospital or birthing center before you have your baby.



- As ordered by the [State of New Jersey](#), you are allowed to have one support person and your doula with you during your entire hospital stay, even if you have COVID-19. Your support person and doula cannot have COVID-19 or have COVID-19 symptoms. Ask if other visitors are allowed.



- Your support person may be checked for COVID-19 symptoms during your stay.
- You and your support person may have to wear a mask any time you leave your room or when staff enter your room.
- You may have to stay in your room for most or all of your visit.

## After You Have Your Baby

Postpartum care is care given to you by a doctor, midwife, or nurse after you have a baby. While you are healing, you may feel a lot of changes and still be at risk for serious health issues, like on going bleeding and infection. It is important to get postpartum care to keep you healthy, ask questions you are thinking about, and talk about how you are feeling.

### Here are some things to expect:

- Postpartum care usually continues for six to eight weeks after you have your baby but can last longer.
- If you have symptoms of COVID-19 or have been told you have COVID-19, you may need to wear a mask when you are close to your baby to keep your baby from getting sick. You can still breastfeed your baby.
- Here are a few topics that your doctor, midwife, or nurse will talk to you about after you have a baby. Click the links to learn more:



- [Feeding your baby](#).
- How to tell if your baby is getting enough milk ([English](#) and [Spanish](#)).
- Placing your baby on their [Back to Sleep](#) to keep them safe while they sleep.
- [Healing](#) from a vaginal or cesarean (c-section) birth and other [recovery](#) information.
- Signs and symptoms of COVID-19 for [you](#) and your [baby](#).
- [Symptoms](#) you may be feeling after you have a baby that may be a serious health concern (like a headache that won't go away or temperature of 100.4 degrees Fahrenheit or higher). Call your doctor, nurse, or midwife immediately if you have any of these symptoms.



This publication is supported by the [Health Resources and Services Administration \(HRSA\)](#) of the [U.S. Department of Health and Human Services \(HHS\)](#) as part of an award totaling \$10,361,110.00. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.

If you don't have a care provider, find community navigators or contact tracers here: <https://211.unitedway.org/services/covid19>. Find language translation and TTY services here: <https://www.nj.gov/humanservices/ddhh/services/caption/>.