

DECEMBER 2021

# INFORMATION ABOUT COVID-19 IN PREGNANCY

REVISED DECEMBER 2021



Pregnant people who contract COVID-19 are more likely to be hospitalized and undergo ventilation than people of the same age that are not pregnant.

There is a higher risk of preterm birth in people with COVID-19 which is thought to be related to how severe the infection is. Most people who contract COVID-19 in pregnancy will have a mild to moderate illness that does not require being admitted to hospital.

It does not seem to be passed to the baby before the baby is born but if you have a confirmed or suspected COVID-19 infection during labour or within the two (2) weeks prior to birth you should take precautions (hand-washing, wearing a mask, covering a cough/sneeze, disinfecting regularly touched objects) to avoid passing the infection to the baby.

Breastfeeding is still recommended even if you have or had COVID-19.

Pregnant people in all trimesters of pregnancy are encouraged to get vaccinated against COVID-19. More information about vaccination in pregnancy can be found at [www.pcmch.on.ca/covid-19vaccine/](http://www.pcmch.on.ca/covid-19vaccine/) and vaccines can be booked through the provincial online booking tool <https://covid-19.ontario.ca/book-vaccine/>.

## For all pregnant people:

- You may bring two (2) labour support people with you for your birth. Consider identifying back up labour support persons. If a primary support person has a cough or fever they will not be allowed to visit the hospital.
- **PRHC's patient programs and services are regularly assessing our family presence policy as COVID-19 activity in the hospital and community changes. For current guidance related to family presence/visiting in Labour & Delivery and the NICU, please visit <https://www.prhc.on.ca/about-us/covid-19-novel-coronavirus/> or speak with a member of your care team.**
- Screening measures for all patients and visitors are in effect around the clock. You will be asked several questions when you visit the hospital to have your baby, and will receive further direction from the screener based on your responses.

## For pregnant people with symptoms, recent travel out of the country or contact with someone diagnosed with COVID-19:

- Contact PRHC's COVID-19 Assessment Centre directly by phone at 705-876-5086 to determine whether an appointment is required. This phone line is staffed from 8:00 a.m. to 4:00 p.m. seven days a week.
- Call your healthcare provider during pregnancy as some of your appointments may need to be delayed. Please do not come to the office in person unless specifically instructed to do so.
- If you have an emergency where you need to be seen urgently (like bleeding, leaking fluid or contractions/severe pain) please call Labour and Delivery 705-876-5036 prior to attending for instructions.

**For continued updates, please follow  
Peterborough Regional Health Centre on  
Facebook, Twitter and Instagram and the  
following accounts on Instagram:**

**@evolvewomenshealth  
@kawarthacommunitymidwives  
@partnersinpregnancyclinic**

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### **Need more information:**

**Peterborough Regional Health Centre  
[prhc.on.ca/cms/covid-19-novel-coronavirus](http://prhc.on.ca/cms/covid-19-novel-coronavirus)**

**Peterborough Public Health  
705-743-1000  
[www.peterboroughpublichealth.ca](http://www.peterboroughpublichealth.ca)**

**Telehealth Ontario  
1-866-979-0000**

**Ontario Government  
[www.ontario.ca/page/2019-novel-coronavirus](http://www.ontario.ca/page/2019-novel-coronavirus)**

**PRHC**  
Peterborough Regional  
Health Centre

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[www.prhc.on.ca](http://www.prhc.on.ca)

