

Access Midwifery & Family Care

Serving Esquimalt, Western Communities and Victoria

March 23, 2020

Postpartum and Covid-19

POSTPARTUM – Continue to stop the spread.

General guidelines for social distancing and self-isolation as needed are important to follow in the postpartum time – especially in light of any exposure friends, family and siblings may have had. People want to visit and welcome babies and congratulate parents. Please be cautious with visitors. Again, the self-assessment tool <https://covid19.thrive.health/> is MORE than useful.

There is no evidence that the virus has been found in the breast milk of women infected with Covid-19. In the light of the current evidence, it is advised that the benefits of breastfeeding outweigh any potential risks of transmission of the virus through breastmilk.

A mother with confirmed COVID -19 or who is symptomatic with flu like symptoms should take all possible precautions to avoid spreading the virus to her infant, including washing her hands before touching the infant and wearing a face mask, if possible, while breastfeeding.

No isolation of infant from mother unless clinically indicated by the severity of the disease.

BABIES

All babies born to COVID-19 positive mothers should have testing for COVID 19, appropriate close monitoring and early involvement of neonatal care, where necessary.

Babies born to mothers testing positive for COVID-19 will need follow-up and ongoing check-ups after discharge from the hospital.

This guidance may change as knowledge evolves