

## **COVID Pregnancy and Breastfeeding**

The Centers for Disease Control and Prevention (CDC) reports that it is not known if pregnant women are more likely to get sick from COVID-19 or if they are more likely to be seriously ill if they contract the virus. The effects of COVID-19 on pregnancy and the health of the baby are currently not known. During prior outbreaks caused by similar viruses, it was found that pregnant women and babies could be at risk of becoming sick.

The CDC defines pregnant women as an at-risk population because they are known to be at higher risk for severe viral illness due to suppressed immune systems. The body naturally suppresses the immune system during pregnancy to tolerate a developing fetus, which is genetically unique. Therefore, it is important to take precautions that will ensure the health of both mother and baby.

Mothers who are exposed or infected with COVID-19 may breastfeed or express breast milk for their infants while taking precautions to avoid spread of the virus. The Academy of Breastfeeding Medicine released a [Statement on Coronavirus 2019 \(COVID-19\)](#) based on CDC and WHO recommendations.

**More can be found: [CDC COVID-10 Pregnancy and Breastfeeding webpage](#).**