

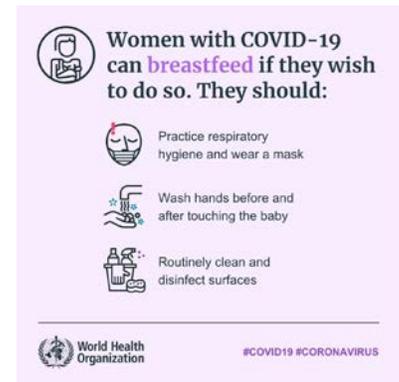
COVID-19 Checklist

Pregnant or Breastfeeding Mothers

Top Things You Can Do to Prepare for COVID-19

All Minnesotans are being asked to practice social distancing whenever possible. In addition to this, women who are pregnant or breastfeeding can take extra steps to keep themselves and their babies healthy.

- › Stay informed about the local COVID-19 situation from public health officials and other *credible sources* like the Centers for Disease Control and Prevention (CDC) or [the Minnesota Department of Health \(MDH\)](#). *Only share credible information with friends and family.*
 - Visit the [CDC webpage on pregnancy and breastfeeding](#).
- › Contact your healthcare provider to discuss additional prevention measures or needs, and future appointments you have scheduled.
 - Consider telehealth appointments if possible.
 - Discuss any other underlying conditions such as gestational diabetes.
- › If you have a confirmed case of COVID-19 and are breastfeeding, the CDC recommends that a mother continue breastfeeding or feeding expressed breast milk to her infant while taking precautions to avoid spreading the virus to her infant. Speak to your healthcare provider for further guidance.
- › If you suspect you may have been exposed to COVID-19, **call** your healthcare provider and let them know you may have been exposed to COVID-19 before visiting the healthcare facility. This will help the healthcare provider's office take precautionary steps to keep other people from being exposed.
 - If you are experiencing symptoms of COVID-19, remain at home unless symptoms become severe.
 - If a family member is experiencing symptoms of COVID-19, they should isolate themselves as much as possible for 14 days. All household members should also isolate themselves and monitor symptoms.



For up to date, accurate information, visit the Minnesota Department of Health (MDH) [Prepare and Prevent: COVID-19](#) webpage, or the Centers for Disease Control (CDC) [Coronavirus webpage](#).

