

What is it Like Giving Birth during the COVID-19 Pandemic?

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Whether you are expecting your first or third baby, the thought of giving birth during the COVID-19 pandemic might make you nervous, anxious, or terrified. Perhaps one of the most challenging parts of this situation is that scientists are still researching coronavirus. Your first baby delivery may not have happened during public health challenges. The good news is that healthcare facilities are implementing the right policies to guarantee better healthcare for pregnant women and patients.

As your due date approaches, it's crucial to learn more about the specific healthcare facility where you plan to deliver your baby. This way, you will know what to expect. Besides, you may want to know more about the facility's coronavirus infection control measures and how they're likely to affect you. Here are the frequently asked questions about the delivery process during a public health crisis to help you know what it is like to give birth during the COVID-19 pandemic.



Will I be tested for COVID-19 before delivery?

You'll be tested for coronavirus as soon as you arrive at the hospital for child delivery. Note that you will be received in the healthcare facility by medical personnel in personal protective equipment. This is necessary for their protection in case you're infected with COVID-19. The doctors are likely to test you for coronavirus 48 hours before a cesarean section or c-section procedure. So, it makes sense to stay connected with your doctor as your due date approaches.

Can my birth partner be present?

In most healthcare facilities, your birth partner will be allowed to stay for the entire period of labor and delivery. However, they are likely to be asked to leave the hospital during your stay. They must also follow social distancing, perform good handwashing, wear facial covering, and limit touching services while in the healthcare facility.

What if I test positive for COVID-19 at the time of child delivery?

If you have coronavirus when your child is born, the infant will be tested within 24 hours. This is consistent with the guidelines issued by the Centers for Disease Control and Prevention. So far, a very small number of infants have tested positive for coronavirus after birth. According to the CDC, it is unlikely they got coronavirus during pregnancy, and the chances are that it happened shortly after birth.

In case you have coronavirus, but your child doesn't, the doctors will take all the necessary precautions like asking you to wear a mask when breastfeeding.

You are probably wondering if you will be allowed to breastfeed your baby. So far, there is no evidence that coronavirus can be transmitted through breast milk. Besides, the benefits of breastfeeding outweigh the potential risks of transmitting the virus. For example, breast milk boosts an infant's immune system and helps protect them from certain infections.

Medical experts caution mothers with coronavirus to wear a facial covering when handling their newborns. The same goes for all family members who will come near the baby. This is necessary to minimize the chances of the infant getting infected with coronavirus. You may want to check other posts on [CicaLux](#) for post-care health tips for when you return home.

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