

COVID-19 Information for Families

Answers for Pregnancy, Infants, Families and Resources

The following are answers to frequently asked questions about COVID-19 and ways to help keep your family safe:

- **What is coronavirus disease 2019 (COVID-19)?**
COVID-19, or coronavirus disease 2019, is an upper respiratory tract disease caused by one of the seven coronaviruses known to infect humans. It was first identified in humans in Wuhan, Hubei Province, China, in December 2019. The virus that causes COVID-19 is called SARS-CoV-2.
- **Who is at risk?**
People who recently traveled to affected geographic areas, people in close contact with people who have COVID-19, people who care for patients with COVID-19, and people in areas that have experienced community spread, including communities in Ohio, are at elevated risk.
- **What is the risk to pregnant women of getting COVID-19? Is it easier for pregnant women to become ill with the disease? If they become infected, will they be more sick than other people?**
According to the Centers for Disease Control and Prevention (CDC), we do not currently know if pregnant women have a greater chance of getting sick from COVID-19 than the general public nor whether they are more likely to have serious illness as a result. Pregnant women experience changes in their bodies that may increase their risk of some infections. With viruses from the same family as COVID-19, and other viral respiratory infections, such as influenza, women have had a higher risk of developing severe illness. It is always important for pregnant women to protect themselves from illnesses.

- **What is the risk of my child becoming sick with COVID-19?**

According to the CDC, based on available evidence, children do not appear to be at higher risk for COVID-19 than adults. While some children and infants have been sick with COVID-19, adults make up most of the known cases to date. Children with underlying medical conditions may be at higher risk for more severe symptoms.

- **If a pregnant woman has COVID-19 during pregnancy, will it hurt the baby?**

According to the CDC, we do not know at this time what if any risk is posed to infants of a pregnant woman who has COVID-19. There have been a small number of reported problems with pregnancy or delivery (e.g. preterm birth) in babies born to mothers who tested positive for COVID-19 during their pregnancy. However, it is not clear that these outcomes were related to maternal infection.

- **What are the symptoms?**

Symptoms, which generally appear two to 14 days after exposure, include fever, cough, and difficulty breathing. Most people who become sick do not require hospitalization, but older adults, people with chronic health conditions, and people with compromised immune systems are more likely to require more advanced care.

- **Are the symptoms of COVID-19 different in children than in adults?**

According to the CDC, no. The symptoms of COVID-19 are similar in children and adults. However, children with confirmed COVID-19 have generally presented with mild symptoms. Reported symptoms in children include cold-like symptoms, such as fever, runny nose, and cough. Vomiting and diarrhea have also been reported. It's not known yet whether some children may be at higher risk for severe illness, for example, children with underlying medical conditions and special healthcare needs. There is much more to be learned about how the disease impacts children.

- **How does it spread?**

According to CDC:

The virus is thought to spread mainly from person-to-person:

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Spread from contact with contaminated surfaces or objects:

- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

- **What can I do to prevent it?**

For more information, visit: coronavirus.ohio.gov

There are no vaccines to prevent COVID-19. Clean your hands often; implement the personal prevention protection methods used to prevent flu and other infectious diseases. Avoid close contact. Stay home if you are sick. Clean high-touch areas – counters, tables, doorknobs, light switches, bathroom fixtures, toilets, phones, keyboards, tablets, nightstands – every day using household cleaning spray or wipes according to label directions.



For more information on COVID-19, please visit coronavirus.ohio.gov

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

Additional Resources:

Community Resources:

Pregnant Women

- [Coronavirus \(COVID-19\) pregnancy FAQs: Medical experts answer your questions](#), *Baby Center*
- [Pregnancy and Breastfeeding](#), *CDC*
- [Pregnant and worried about the new coronavirus?](#), *Harvard Medical School*

Infants

- [Coronavirus, COVID-19 for New Moms](#), *4th Trimester Project*

Families

- [Children](#), *CDC*
- [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease](#), *The National Child Traumatic Stress Network*
- [Resources for Parents and Families](#), *Ohio Department of Health*
- [Talking to Kids about COVID-19](#), *Ohio Department of Health*
- [Tips for Families: Coronavirus, Zero to Three](#)
- [10 tips for talking about COVID-19 with your kids](#), *PBS*

Clinical Resources

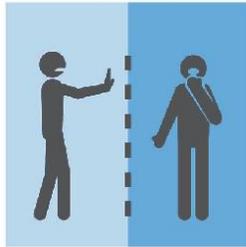
- [Clinician Outreach and Community Activity Calls and Recorded Webinars](#), *Centers for Disease Control and Prevention*

For more information, visit: coronavirus.ohio.gov

- [Coronavirus \(COVID-19\)](#), *Society for Maternal Fetal Medicine*
- [Novel Coronavirus 2019 Practice Advisory](#), *American College of Obstetricians and Gynecologists*
- [Patient Management and Clinical Recommendations During The Coronavirus \(COVID-19\) Pandemic](#), *American Society for Reproductive Medicine*



STAY HOME
WHEN YOU ARE
SICK



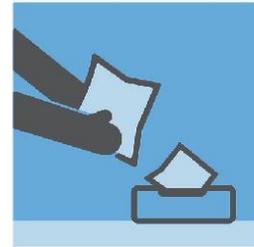
AVOID CONTACT
WITH PEOPLE
WHO ARE SICK



GET ADEQUATE SLEEP
AND EAT WELL-
BALANCED
MEALS



WASH HANDS OFTEN
WITH WATER AND SOAP
(20 SECONDS
OR LONGER)



DRY HANDS WITH
A CLEAN TOWEL
OR AIR DRY
YOUR HANDS



COVER YOUR MOUTH
WITH A TISSUE OR
SLEEVE WHEN
COUGHING OR SNEEZING



AVOID TOUCHING
YOUR EYES, NOSE,
OR MOUTH WITH
UNWASHED HANDS
OR AFTER
TOUCHING SURFACES



CLEAN AND DISINFECT
"HIGH-TOUCH"
SURFACES OFTEN



CALL BEFORE VISITING
YOUR DOCTOR



PRACTICE GOOD
HYGIENE HABITS