

Ep. 98 - Hantavirus in Pregnancy and Breastfeeding

Hantavirus has recently been making headlines, leaving many pregnant women wondering what it is, how people become infected, and whether it can affect pregnancy and/or breastfeeding.

In this episode of The MotherToBaby Podcast, host Chris Stallman, genetic counselor, teratogen information specialist, and mom of four, sits down with maternal-fetal medicine specialist Dr. Sarah Dotters-Katz to discuss what we currently know about hantavirus infection during pregnancy and breastfeeding.

Dr. Dotters-Katz explains how hantavirus is spread, common symptoms to watch for, and steps families can take to reduce exposure risks. She also shares what healthcare providers know, and don't yet know, about hantavirus during pregnancy, emphasizing the importance of prevention, early medical care, and relying on trusted sources of information.

Whether you're pregnant, planning a pregnancy, or simply looking for reliable information, this episode offers practical, evidence-based guidance to help you stay informed.

In This Episode, We Discuss:

- What hantavirus is and where it is found
- How people become infected with hantavirus
- Common signs and symptoms of infection
- What is known about hantavirus during pregnancy and breastfeeding
- Potential concerns for pregnant women and developing babies
- Prevention tips to reduce exposure risk
- When to contact a healthcare provider

About Our Guest

Dr. Sarah Dotters-Katz is a maternal-fetal medicine specialist at Duke Health who cares for women with high-risk pregnancies. She is passionate about infectious diseases in pregnancy and has extensive experience helping patients navigate complex medical conditions during pregnancy. Dr. Dotters-Katz is also a medical educator and researcher dedicated to improving maternal and infant health outcomes.

Resources

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