**Suppression of progesterone by influenza A virus mediates adverse maternal and fetal**

**outcomes in mice**

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**Abstract**:

Influenza A virus infection during pregnancy can cause adverse maternal and fetal

outcomes, but the mechanism responsible remains elusive. Infection of outbred mice with 2009

H1N1 at embryonic day (E) 10 resulted in significant maternal morbidity, placental tissue

damage and inflammation, fetal growth restriction, and developmental delays that lasted

through weaning. Restriction of pulmonary virus replication was not inhibited during pregnancy,

but infected dams had suppressed circulating and placental progesterone (P4) concentrations

that were caused by H1N1-induced upregulation of pulmonary cyclooxygenase (COX)-1, but not

COX-2-, dependent synthesis and secretion of prostaglandin (PG) F2α. Treatment with 17-α-

hydroxyprogesterone caproate (17-OHPC), a synthetic progestin that is safe to use in

pregnancy, ameliorated the adverse maternal and fetal outcomes from H1N1 infection and

prevented placental cell death and inflammation. These findings highlight the therapeutic

potential of progestin treatments for influenza during pregnancy.

**Importance:**

Pregnant individuals are at risk of severe outcomes from both seasonal and pandemic

influenza A viruses. Influenza infection during pregnancy is associated with adverse fetal

outcomes at birth and adverse consequences for offspring into adulthood. We developed an

outbred mouse model of 2009 H1N1 influenza virus infection during pregnancy, with semi-

allogenic fetuses. When dams are infected with 2009 H1N1, in addition to pulmonary virus

replication, tissue damage, and inflammation, the placenta shows evidence of transient damage

and inflammation that is mediated by increased activity along the arachidonic acid pathway

leading to suppression of circulating progesterone. Placental damage and suppressed

progesterone are associated with long-term effects on perinatal growth and developmental

delays in offspring.  Treatment of H1N1-infected pregnant mice with 17-OHPC, a synthetic

progestin treatment safe that is safe to use in pregnancy, prevents placental damage and

inflammation and adverse fetal outcomes. This provided a novel therapeutic option for treatment

of influenza during pregnancy that should be explored clinically.

**1 Introduction**

Pregnant individuals are at increased risk of severe disease and death following infection

with seasonal and pandemic influenza viruses (1-5). For example, pregnancy was associated

with an 18.1% increase in one hospital's fatality rate during the 1918 H1N1 pandemic and a

disproportionally greater percentage of morbidity and death during the 2009 H1N1 pandemic (1,

4).  Further, seasonal influenza viruses are reported to annually infect between 483 and 1097

per 10,000 pregnant women (6), with greater odds of adverse outcomes, including intensive

care unit (ICU) admission, acute cardiopulmonary morbidity, and increased hospital length of

stay, among pregnant than nonpregnant people  (2, 5, 7). In the absence of vertical

transmission, influenza virus infection during pregnancy is still associated with adverse perinatal

and fetal outcomes (8-10), as was seen during the 2009 H1N1 pandemic, where maternal

influenza A virus (IAV) infection increased the relative risk of low birth weights and stillbirths by

71% and 136%, respectively (9). Moreover, infection with influenza viruses during pregnancy

has been associated with long-lasting consequences for offspring, such as increasing the risk of

development of neuropsychiatric and metabolic disorders in adulthood (11-13).

The 2009 H1N1 pandemic spurred development of mouse models of IAV infection during

pregnancy to uncover mechanisms of adverse maternal and fetal outcomes. Collectively, these

studies have revealed pregnancy-specific mechanisms of influenza pathogenesis. Notably,

pregnant mice infected with diverse influenza viruses consistently experience greater morbidity

and/or mortality than nonpregnant female mice, consistent with observations in humans (14-19).

Pregnancy impacts pulmonary innate immune activity and tissue repair following IAV infection,

as pregnant dams have greater proinflammatory cytokine concentrations and numbers of

neutrophils and macrophages in lungs than nonpregnant females (16-20). Moreover, IAV

infection during pregnancy is associated with pulmonary tissue damage, impaired epithelial

regeneration, reduced progesterone (P4) concentrations, and a shift of alveolar macrophages

from a classical to an alternative activation state (16, 20-22). Pregnant dams infected with IAV

have reduced adaptive immune responses including reduced IAV-specific antibody titers,

numbers of circulating CD4$^+$ and CD8$^+$ T cells, and IAV-specific cytotoxic T cell activity, with

these effects associated with changes in circulating P4 and estrogens (17, 18, 21, 23). Whether

IAV-induced changes in circulating concentrations of sex steroids are a cause or consequence

of maternal disease during infection has not been determined.

Although mice do not recapitulate all aspects of human pregnancy, mice do exhibit many of

the cardiovascular, hormonal, and immunological changes associated with pregnancy (24-28).

For example, concentrations of P4 increase dramatically during pregnancy and support the

growth of the placenta in both mice and humans (27, 29), with secretion exclusively by the

corpus luteum in mice and secretion shifting from the corpus luteum to the placenta mid-

gestation in humans (27, 30). Mouse models of pregnancy have limitations, including shorter

gestation in mice and distinct mechanisms of placentation (25-27). Furthermore, when using

inbred mice, the absence of a semi-allogeneic fetus limits tolerogenic immune mechanisms

observed in humans and outbred animals (31, 32), and the presence of a semi-allogeneic fetus

has been shown to increase morbidity and mortality following IAV infection  (17, 33).

In the current study, using outbred mice, IAV infection during pregnancy caused significant

maternal morbidity and adverse fetal outcomes that were associated with transient placental

tissue damage and inflammation. Both maternal disease and adverse perinatal outcomes were

mediated by IAV-induced activation of cyclooxygenase-1 (COX-1), but not COX-2, causing

increased activation of prostaglandin F2α (PGF2α) and suppression of P4. Treatment of IAV-

infected pregnant female mice with a synthetic progestin that is safe for administration during

pregnancy reversed the adverse maternal, placental, and fetal outcomes from IAV infection.

This novel study highlights utilizing hormone modulating treatments for the treatment of

influenza during pregnancy.

**2 Materials and Methods**

*2.1 Viruses and cells*

Viral seed stocks of mouse adapted A/California/04/09 H1N1 (maH1N1), generated by

reverse genetics from a published sequence (34) were kindly provided by Dr. Andy Pekosz

(Johns Hopkins University). Working stocks were generated by infecting Madin-Darby canine

kidney (MDCK) cells as described (35) and stored in aliquots at $-70°C$.

*2.2 Experimental mice*

Timed-pregnant adult (8–12 weeks of age) CD-1 IGS mice were purchased from Charles

River Laboratories. Animals arrived at embryonic day 8 (E8) and were singly housed under

standard biosafety level 2 housing conditions with ad libitum food and water. Pregnant mice

were acclimated for at least 24 h prior to infections (35). Monitoring and procedures for animal

experiments were performed consistently at the same time of day.

*2.3 IAV infections and monitoring*

Pregnant dams were intranasally infected at E10 with $10^3$ $TCID_{50}$ units of maH1N1 in 30

μl of media (DMEM; Sigma D5796), a sublethal dose in nonpregnant CD-1 female mice, or

mock inoculated with 30 μl of media. Prior to intranasal infection, mice were anesthetized via

intraperitoneal ketamine/xylazine cocktail (80 mg/kg ketamine, 5 mg/kg xylazine). Following

intranasal infections, body mass and rectal temperature were monitored once daily in the

morning for 14 days or until tissue collection.

*2.4 COX inhibitor treatments*

Experimental animals were administered vehicle alone [20% DMSO (Sigma D2650)  v/v

diluted in PBS], the COX-1 specific inhibitor SC-560 (10 mg/kg; abcam ab120649), or the COX-

2 specific inhibitor NS-398 (10 mg/kg; MedChemExpress HY-13913) in 100 μl intraperitoneally

(36-38). Mice were administered treatment twice daily, starting 1 day prior to infection and until

tissue collection at 3 dpi. Serum thromboxane B2 was measured to confirm COX-1 inhibition

(39, 40) by ELISA per the manufacturer's instructions (Cayman Chemical 19030). COX-2

specific enzymatic activity was measured using the cyclooxygenase activity assay kit (abcam

ab204699) per the manufacturer's instructions. Inhibitors were reconstituted and diluted fresh

for each dose.

*2.5 17α-hydroxyprogesterone caproate treatment*

17α-hydroxyprogesterone caproate (17-OHPC, 250 mg/mL) was obtained from the

Johns Hopkins Hospital Pharmacy (NDC 71225-105-01) and diluted to 20 mg/mL in vehicle

[46% v/v benzyl benzoate (Sigma B6630) in castor oil (Sigma C9606)]. Experimental animals

were administered vehicle alone or 17-OHPC subcutaneously at the time of intranasal infection.

17-OHPC was administered at a dose of 2 mg/dam, which previously demonstrated efficacy in

preventing adverse neurological outcomes in a mouse model of intrauterine inflammation (41),

and was administered as a single injection due to the prolonged half-life of 17-OHPC when

delivered in an oil-based solution [>7 days (42)].

*2.6 Offspring measurements and developmental assessments*

Offspring from IAV- and mock-inoculated dams were measured at post-natal day (PND)

0, within 12 hours of birth. Body mass (g), length measured from nose to anus (mm), and head

diameter measured from ear to ear (mm) were recorded for each pup and the average for each

independent litter was calculated to avoid confounding litter effects. After birth and until

weaning, pups were monitored daily for body mass (g) and the appearance of key

developmental milestones including fur development, the opening of the ear canals and eyes,

and teeth eruption (43, 44). At PND5, pups were subjected to the developmental

neurobehavioral assay of surface righting, as described (45, 46). For each test, 1–2 male and

1–2 female offspring from at least 5 independent litters were used per condition to avoid

confounding litter effects.

*2.7 Tissue and serum collection*

Experimental mice were euthanized via ketamine/xylazine overdose (160 mg/kg

ketamine, 10 mg/kg xylazine) followed by cardiac exsanguination at 1, 3, 6, or 8 days post-

infection. Maternal lungs, spleen, and ovaries were collected and flash frozen on dry ice for

homogenization. Fetuses and placenta were flash frozen in dry ice or fixed in 4%

paraformaldehyde (Thermo Fisher Scientific J19943.K2) for 72 h at 4°C for

immunohistochemistry. Serum was separated from blood by centrifugation at 9,600 x g for

30 min at 4°C.

*2.8 Tissue homogenization and infectious virus quantification*

Frozen right cranial lungs, spleen, ovaries, placentas, and fetuses were weighed and

homogenized in 1:10 weight per volume of PBS using Lysing Matrix D tubes (MP Biomedicals

#6913100) in a MP Fast-prep 24 5G instrument. Homogenate was clarified by centrifugation at

12,000 rpm and stored at -70°C until analysis. IAV infectious virus titers in tissue homogenate

was determined by $TCID_{50}$ assay, as described previously (22, 35, 47), and the Reed-Muench

method was used to calculate the $TCID_{50}$ titer for each sample.

*2.9 Multiplex cytokine analysis*

167    Cytokines and chemokines in the right cranial lung, spleen, and placenta homogenate

168    were multiplexed using the Immune Monitoring 48-Plex Mouse Procartaplex Panel (Thermo

169    Fisher Scientific EPX480-20834-901) miniaturized with the Curiox DA-Bead DropArray platform

170    (48) (**Text S1**).

*2.10 Placental histology, immunohistochemistry, and TUNEL staining*

Placentas were fixed, processed, cut, and mounted as described (46, 49). Routine H&E

staining was performed to evaluate the morphological change of the placentas.

Immunohistochemical staining (**Table S1**) was performed as described (46, 49). Images were

taken using a Zeiss Axioplan 2 microscope (Jena) under 5x or 20x magnification. Cell density of

vimentin and cytokeratin positive cell quantification was performed using Image J (1.47v) as

described (46, 49). Terminal deoxynucleotidyl transferase dUTP nick end labeling (TUNEL) was

performed with Click-iT™ Plus TUNEL Assay (ThermoFisher C10617) per the manufacturer

protocol as described (46, 49). For each placenta, 10 random images in labyrinth at the middle

level (thickest) of placenta were taken, and the average percentage of TUNEL$^+$ nuclei (TUNEL$^+$

nuclei divided by the total number of DAPI$^+$ nuclei) given for that placenta. One placenta per

dam was used and 5-9 dams per group were analyzed.

*2.11 Flow cytometry*

Placentas and maternal blood were collected from a subset of experimental dams at 6

dpi for flow cytometry as described previously (50, 51) with modifications. Briefly, single cells

were prepared from 3 pooled placentas per dam. Manual digestion was performed by mincing

placentas into 2-4 mm pieces, followed by enzymatic digestion with collagenase D (Roche

11088882001). Cells were passed through a 70 µm cell strainer, washed, subjected to red

blood cell lysis, and Fc blocking [anti-CD16/32 (BD Biosciences 554142)]. Single cells from

maternal blood (1 mL) were subjected to red blood cell lysis, and Fc blocking. Single cell

suspensions were split in half and stained with one of two surface marker antibody cocktails

(**Table S1**), washed, and acquired on acquired on an Attune™ NxT Acoustic Focusing

Cytometer (ThermoFisher Scientific) and analyzed with FlowJo (version 10.8.1). Compensation

was performed with OneComp eBeads (Thermo Fisher Scientific 01-1111-41). Gating was

performed as described previously [(50, 51) and **Fig. S1**].

*2.12 Progesterone and prostaglandin ELISA*

To measure P4, steroids were extracted from serum or tissue homogenate via diethyl

ether extraction at a 1:5 sample to ether ratio. Extracted steroids were diluted 1:100 (serum) or

1:10 (tissue homogenate). P4 was quantified by ELISA according to the manufacturer's

instructions (Enzo Life Sciences ADI-900-11). PGF2α (Alpco 74-PGFHU-E01) and PGE2 (Alpco

74-PG2HU-E01) in serum or tissue homogenate was quantified by ELISA according to the

manufacturer's instructions.

*2.13 Western Blot*

Protein lysates from flash frozen right caudal lung lobes and right ovaries were prepared

for as described (46, 49).  For each sample, 20 µg of protein was subjected to sodium dodecyl

sulfate-polyacrylamide gel electrophoresis (SDS-PAGE) on NuPAGE 4-12% Bis-Tris gels,

blotted onto Immobilon-FL PVDF Membrane (Millipore #IPFL00010), and the membranes

blocked, washed, and stained with primary and secondary antibodies (**Table S1**) as described

(46, 49). Blots were imaged on an Azure 600 imager (Azure Biosystems). Individual bands were

quantified using Image Studio software (LI-COR Biosciences; version 3.1.4) The signal from

each band was normalized against the GAPDH signal and graphed as arbitrary units.

*2.14 Statistical analyses*

Statistical analyses were performed using GraphPad Prism v10.0.3 (GraphPad

Software). D'Agostino & Pearson tests and quantile-quantile plots were used to evaluate if data

were normally distributed. If data were nonnormal or if sample size was below the minimum for

D'Agostino & Pearson testing (n=8/group), non-parametric tests were used. Area under the

curve (AUC) of body mass change and rectal temperature curves, lung viral titers, offspring birth

measures, offspring growth AUC, offspring surface righting, and P4 concentrations were

analyzed by two-tailed unpaired t-test or one-way or two-way analysis of variance (ANOVA)

followed by Bonferroni *post-hoc* test. Multiplex cytokine quantifications were analyzed using

multiple unpaired t-tests with Holm-Šídák correction for multiple comparisons or two-way

ANOVA followed by Bonferroni *post-hoc* test. Developmental milestones, IHC quantification,

TUNEL quantification, flow cytometry, western blot quantification, PG concentrations, and TxB2

concentrations were analyzed using Mann-Whitney test or Kruskal-Wallis test followed by

Dunn's *post-hoc* test. Mean or median differences were considered statistically significant at $p <$

0.05.

*2.15 Data Availability Statement*

The data supporting the conclusions of this article will be made available by the authors, without

undue reservation.

**3 Results**

*3.1 Influenza A virus infection during pregnancy causes a pulmonary cytokine storm and*

*maternal morbidity in outbred mice*

233             Mouse models of IAV infection during pregnancy primarily use inbred mice (14, 15, 18,

19, 22) that are devoid of fetal genetic heterogeneity (17, 33). Intranasal IAV infection of

pregnant outbred CD1 mice at E10, roughly corresponding to the human second trimester (52),

resulted in significant morbidity, in which IAV-infected dams gained less body mass (**Fig. 1A**)

and experienced hypothermia (**Fig. 1B**) relative to mock-inoculated dams. IAV-infected dams

experienced greater hypothermia than nonpregnant females (**Fig. S2A**). Subsets of dams were

euthanized at 3, 6, and 8 days post infection (dpi) to measure pulmonary infectious viral loads

(**Fig. 1C**) and cytokine concentrations in lungs and spleens (**Fig. 1D, Table S2, Table S3**) prior

to and during peak disease. Pulmonary viral load peaked at 3 dpi and was low to undetectable

at 8 dpi (**Fig. 1C**), which was consistent and not significantly different from IAV-infected

nonpregnant female mice (**Fig. S2B**). Prototypical cytokines and chemokines associated with

influenza (53), including interferons (IFNs), tumor necrosis factor (TNF) α, interleukin (IL)-6, and

CCL2 were upregulated throughout infection in the lungs, but not the spleens of IAV-infected

dams (**Fig. 1D, Table S2, Table S3**). Together, these data indicate that outbred pregnant mice

infected with IAV experience morbidity to a greater degree than nonpregnant females and a

pulmonary cytokine storm, consistent with previous studies (14, 18, 22).

*3.2 Influenza A virus infection during pregnancy causes intrauterine growth restriction and*

*postnatal developmental delays*

IAV infection during pregnancy is associated with adverse fetal outcomes including pre-

term delivery, fetal growth restriction, and low birthweights (8-10, 54) as well as long-term health

consequences in adulthood (11, 55) in humans. In mice, IAV infection during pregnancy did not

impact litter size (**Fig. 2A**) or increase the rate of stillbirths (98.78% viability) versus mock

inoculated dams (98.82% viability). IAV infection of dams resulted in significant fetal growth

restriction, with pups of IAV-infected dams being smaller at birth based on measures of mass,

length, and head diameter, than offspring of mock-inoculated dams (**Fig. 2B-D**). Offspring of

IAV-infected dams remained smaller than offspring from mock-inoculated dams through

weaning (**Fig. 2E**). Offspring of IAV-infected dams also displayed developmental delays,

reaching key developmental milestones (44) on average 1-2 days later than offspring of mock-

inoculated dams (**Fig. 2F**). Impaired surface righting, a developmental reflex (44, 45), also was

apparent, with offspring, particularly males, of IAV-infected dams taking significantly longer to

right themselves (**Fig. 2G**). Fetal growth restriction and developmental delays were not caused

by pre-term birth or impaired postnatal care as all dams, regardless of maternal infection,

delivered pups at approximately E20 (56) and displayed appropriate pup retrieval (57, 58) at

PND1 and PND7 (**Fig. S3**). These data indicate that IAV infection of outbred mice causes both

short and long-term adverse perinatal and fetal outcomes, consistent with humans (9, 55) and

mice (15, 19, 22, 33).

*3.3 Influenza A virus infection during pregnancy causes transient but significant placental cell*

*death and trophoblast loss*

While many models of IAV infection during pregnancy have focused on uncovering

mechanisms of maternal disease (16, 17, 19, 21, 22), the mechanisms of adverse fetal

outcomes remain less clear. Placental tissue damage, in the absence of direct viral infection,

has been reported in mice (15, 18, 21) and in limited observational human studies (59, 60).

Despite no infectious virus in the placenta (data not shown), at 3 dpi, there was significant

placental damage, including exposure of fetal red blood cells to maternal red blood cells (**Fig.**

**3A**), suggestive of disruption of the placental trophoblast-endothelial cell barrier, as well as

increased cell death as compared with placentas from mock-inoculated dams (TUNEL$^+$ cells,

**Fig. 3B** for representative image, **Fig. 3E** for quantification). Staining for cytokeratin

(trophoblasts, **Fig. 3C** for representative image, **Fig. F** for quantification) and vimentin

(endothelial cells, **Fig. 3D** for representative image, **Fig. 3G** for quantification) revealed a loss of

trophoblasts, but not endothelial cells, in placentas from IAV-infected compared with mock-

inoculated dams at 3 dpi.  Concentrations of IL-13 (**Fig. 3H**), granulocyte-macrophage colony-

stimulating factor (GM-CSF, **Fig. 3I**), and IL-18 (**Fig. 3J**), cytokines secreted by trophoblasts *in*

*vitro* (61, 62), were lower in placentas from IAV-infected than mock-inoculated dams at 3 dpi. By

6 and 8 dpi, neither trophoblast nor endothelial cell numbers differed between placentas of IAV-

infected and mock-inoculated dams (**Fig. S4**), indicating resolution of placental damage.

*3.4 Proinflammatory cytokines peak in the placenta following placental damage during Influenza*

*A virus infection*

Proinflammatory cytokines, such as IL-1β and TNFα, in the placenta are associated with

placental damage (49, 63, 64). Concentrations of proinflammatory cytokines, including IL-1β

(**Fig. 4A**), IL-6 (**Fig. 4B**), and TNFα (**Fig. 4C**) exhibited a transient increase in placentas from

IAV-infected compared with mock-inoculated dams at 6dpi. The increased concentrations of

proinflammatory cytokines followed the placental damage and reductions in trophoblasts

observed at 3dpi. The profile of cytokine secretion in the placenta (**Table S4**) differed from the

patterns observed in either the spleen (**Table S3**) or lungs (**Table S2**). Increased secretion of

proinflammatory cytokines in the placenta could be mediated by infiltration of immune cells, as

we have observed in models of intrauterine inflammation (50, 51). Flow cytometry was used to

evaluate innate (i.e., NK cells, neutrophils, eosinophils, macrophages) and adaptive (i.e., B

cells, T cells) immune cells in the placenta at 6 dpi (**Fig. 4D-L, Fig. S1** for representative

gating). Frequencies of CD45$^+$ leukocytes were reduced in placentas of IAV-infected dams

compared to mock-inoculated dams (**Fig 4D**), which was further observed for NK cells (**Fig. 4E**),

B cells (**Fig. 4F**), CD4$^+$ T cells (**Fig. 4G**), and CD8$^+$ T cells (**Fig. 4H**) in placentas of IAV-infected

dams. Frequencies of neutrophils (**Fig. 4I**), eosinophils (**Fig. 4J**) and CD163$^+$ macrophages

(**Fig. 4K**) were similar in placentas from IAV- and mock-inoculated dams. CD68$^+$ macrophages

were the only immune cell population that exhibited a significant increase in placentas of IAV-

infected compared with mock-inoculated dams (**Fig. 4L**). The patterns of immune cell infiltrates

observed in placentas were not observed in peripheral blood cells obtained from the same dams

(**Fig. S5**). CD68$^+$ macrophages in the placenta are associated with intrauterine growth

restriction in humans (65) and secretion of proinflammatory cytokines (66). Taken together,

these results indicate that maternal respiratory infection with IAV can induce transient but

significant cell death and proinflammatory cytokine release at the maternal fetal interface, in the

absence of direct viral infection or broad leukocyte infiltration.

*3.5 Influenza A virus infection suppresses the pregnancy-associated rise in progesterone via*

*COX-1 activity*

The mechanism underlying placental damage and cytokine secretion during IAV

infection might involve sex hormone regulation. Placental development and maturation, which

occurs at E10-E14 in mice (67) are supported by P4 signaling in both humans and mice (27, 29,

30, 68). As IAV infection during pregnancy has been associated with reduced circulating P4 in

mice (14, 15, 22), we evaluated if IAV infection of outbred pregnant mice altered circulating (**Fig.**

**5A**) and placental (**Fig. 5B**) P4 concentrations. Circulating and placental concentrations of P4 in

mock-inoculated dams increased throughout gestation and peaked at approximately E16 (**Fig.**

**5A-B**) (69). In contrast, IAV infection significantly reduced circulating and placental P4

concentrations throughout gestation relative to mock-inoculated dams, although not to

circulating concentrations observed in nonpregnant females (**Fig. 5A**).

In mice, P4 is secreted by the corpus luteum of the ovary throughout the entire

pregnancy where it is canonically regulated by the prostaglandin (PG) F2α (23, 70). To evaluate

if secreted PGF2α upregulation was associated with reduced P4, PGF2α as well as PGE2, a

prostaglandin that has been observed to be upregulated with IAV infection in nonpregnant mice

(71), were measured in the lungs (i.e., the site of IAV replication), systemic circulation, and the

ovaries (i.e., the site of  P4 secretion) of IAV-infected and mock inoculated dams at 1 and 3 dpi

(**Fig. 5C-E**, **Fig. S6**). Concentrations of PGF2α, but not PGE2 (**Fig. S6A-C**), were significantly

increased in the lung (**Fig. 5C**), sera (**Fig. 5D**), and ovaries (**Fig. 5E**) of IAV-infected dams as

compared with mock-inoculated dams at 3 dpi.  Elevated concentrations of PGFα in the ovary

were associated with reduced serum P4 in both IAV-infected and mock-inoculated dams (**Fig.**

**S6D**).

Prostaglandins, including PGF2α are canonically synthesized by COX enzymes, with

COX-1 constitutively expressed in most cells and COX2 induced by inflammatory stimuli (72).

Active COX-1 (73), but not COX-2, expression was elevated in the lungs of IAV-infected relative

to mock-inoculated dams at 3dpi (**Fig. 5F-G**, **Fig. S7**). Neither COX-1 nor COX-2 expression

were altered in the ovaries (**Fig. S8**), suggesting that PGF2α generation by COX-1 is local at the

site of IAV infection. To evaluate if COX-1 activity is not just sufficient but necessary for PGF2α

secretion and suppression of P4 during IAV-infection, subsets of IAV-infected or mock-

inoculated dams at E10 were pretreated with either a COX-1-specific inhibitor (SC560), a COX-

2-specific inhibitor (NS-398), or vehicle (**Fig. 5H-I**). COX-1 inhibition, as measured by inhibition

of serum thromboxane B2 (TXB2) (39, 40), was specific to COX-1 inhibitor treatment and not

observed with COX-2 inhibitor treatment (**Fig. S9A**). COX-2 enzymatic activity was minimal to

undetectable in the lungs of IAV infected dams regardless of treatment (**Fig. S9B**). COX-1, but

not COX-2, inhibition significantly reduced PGF2α and increased P4 secretion in IAV-infected

dams (**Fig. 5H-I**, **Fig. S9C**). These data illustrate that IAV infection disrupts activity along the

arachidonic acid pathway in pregnant dams to cause suppression of P4, which is required for a

healthy pregnancy.

*3.6 Synthetic progestin treatment improves IAV-induced maternal morbidity, placental damage,*

*and perinatal developmental delays*

To establish whether IAV infection-induced P4 suppression was the cause of adverse

maternal and fetal outcomes, a subset of IAV-infected and mock inoculated dams were treated

with a single dose of either 17-α-hydroxyprogesterone caproate (17-OHPC), a synthetic

progestin that is safe to use during pregnancy (74) or vehicle. The administration of 17-OHPC to

mock-inoculated dams had no adverse impact on pregnancy outcomes. Administration of 17-

OHPC to IAV-infected dams significantly reduced hypothermia (**Fig. 6A**) and increased

maternal weight gain (**Fig. S10A**) as compared with IAV-infected dams treated with vehicle.

Treatment of IAV-infected dams with 17-OHPC did not affect pulmonary infectious virus titers

(**Fig. 6B**). These data suggest that IAV-induced suppression of P4 contributes to maternal

morbidity, independent of controlling virus replication.

To determine if administration of 17-OHPC to IAV-infected dams could reverse adverse

perinatal outcomes, subsets of IAV-infected and mock-inoculated dams with and without 17-

OHPC treatment carried their pregnancies to term. Treatment of mock-inoculated dams with 17-

OHPC had no effect on litter size (**Fig. S10B**) or the development of offspring relative to vehicle-

treated, mock-infected dams. In contrast, treatment of IAV-infected dams with 17-OHPC

significantly increased birth mass (**Fig. 6C**) as well as body length and head diameter (**Fig.**

**S10C-D**), mitigated developmental delays in key milestones (**Fig. 6D**), improved growth through

weaning (**Fig. S10E**), and improved neurobehavioral development as measured by surface

righting at PND5 (**Fig. 6E**) as compared with offspring from IAV-infected dams that were treated

with vehicle. These data demonstrate that IAV-induced suppression of P4 during pregnancy

mediates intrauterine growth restriction and postnatal developmental delays, which are reversed

by treatment with a safe, synthetic progestin.

We hypothesized that 17-OHPC treatment might prevent placental damage to improve

offspring outcomes among IAV-infected dams. Treatment of mock-inoculated dams with 17-

OHPC did not alter placental histology, cell death, or numbers of trophoblasts as compared with

vehicle-treated, mock-infected dams. In contrast, treatment of IAV-infected dams with 17-OHPC

significantly reduced placental cell death (**Fig. 7A-B, Fig. S11**), increased proportions of

trophoblasts (**Fig. 7C-D**), and reduced placental concentrations of proinflammatory cytokines

(**Table S5**), including IL-1β (**Fig. 7E**), IL-6 (**Fig. 7F**), and TNFα (**Fig. 7G**). These data illustrate

that suppressed P4 is the cause of placental tissue damage and adverse perinatal outcomes

during IAV-infection and treatment with 17-OHPC improved maternal, placental, and offspring

outcomes during infection.

**4 Discussion**

Both seasonal and pandemic influenza virus infection during pregnancy result in adverse

perinatal and long-term detrimental outcomes that have been reported since the 1918 pandemic

(9, 55, 75). Traditionally, mouse models of IAV during pregnancy have focused on mechanisms

of maternal disease (16, 19, 22) rather than characterization of the mechanisms of adverse fetal

outcomes. Using an outbred mouse model of IAV infection during pregnancy, 2009 H1N1

infection caused maternal morbidity, transient placental damage and inflammation, and long-

term offspring growth restriction and developmental delays. The IAV-induced adverse maternal

and fetal outcomes were mediated by a COX-1-dependent reduction in P4, including at the

maternal-fetal interface. Previous studies report damage to tissue architecture, necrosis, and

pro-inflammatory cytokines in the placenta following maternal IAV infection (18, 76, 77),

including associations between placental damage and reduced placental P4 (15, 21). Our study

expands upon this literature by defining the temporal kinetics of progesterone suppression,

placental cell death, and proinflammatory cytokine secretion and by establishing a novel causal

role for the arachidonic acid biosynthesis pathway, which is activated by IAV infection and

disrupts P4 during pregnancy. Our data provide a mechanistic connection between a pulmonary

virus infection, which causes elevated COX-1 enzymatic activity, and placental tissue damage,

caused by increased prostaglandin (PG) and reduced P4 synthesis. Our results are consistent

with knockout studies where selective disruption of progesterone receptor signaling in immune

cells causes damage to the placenta, intrauterine growth restriction, and fetal wasting (78, 79).

By treating dams with a synthetic progestin that is safe during pregnancy, the IAV-induced

placental damage, inflammation, and adverse fetal outcomes, including developmental delays,

were reversed, highlighting the translational significance of these findings.

IAV-induced suppression of P4 was dependent on COX-1, but not COX-2, signaling and

PGF2α secretion. Progesterone secretion during pregnancy is canonically regulated by PGF2α,

which signals in the corpus luteum and induces luteolysis to inhibit P4 secretion (70). PGF2α is

generated within the arachidonic acid biosynthesis pathway, where COX enzymes,

predominantly COX-1 or COX-2, convert arachidonic acid into prostanoids that are then

converted to PG subclasses (i.e., PGF2α) by specific PG synthases (80, 81). Historically, COX-

1 has been characterized as constitutively active and homeostatic, while COX-2 has been

characterized as inducible and associated with pain and inflammation (80, 82). COX-1,

however, also may have functions in inflammatory responses, as COX-1 inhibition can alleviate

neuroinflammation in a mouse model of retinitis pigmentosa (83). Further, aspirin given at COX-

1-specific doses is associated with reduced rates of preeclampsia (84). Our data add to this

growing body of literature by illustrating that IAV infection upregulates COX-1 in the lungs and

increased COX-1-dependent PGF2α in several tissues, including the ovaries.

Mouse models of pregnancy are powerful tools to identify mechanisms of disease

pathogenesis and evaluate the safety and efficacy of potential treatments (85); mice, however,

have limitations. The full-term gestation for mice is approximately 20 days (about 3 weeks), but

40 weeks (about 9 months) for humans, with disproportionally more gestational time spent in the

first-trimester equivalent in mice than in humans (52). Further, placental anatomy differs

between mice and humans [reviewed in (28)], with, for example, the placental labyrinth structure

found in mice but not humans. Inbred mice further lack genetic heterogeneity at the maternal-

fetal interface, and in the current study, outbred mice were used to avoid this limitation (86).

With the use of outbred mice, genetic manipulations were not available to test hypotheses;

instead, pharmacologic inhibitors were used, which could have off-target effects, despite

dosages optimized for target-specificity.

Despite these limitations, results from this study highlight the value of treatments that

mitigate disease in addition to antiviral treatments for influenza during pregnancy. In the current

study, we utilized 17-OHPC, a synthetic progestin that has been prescribed to pregnant women

with history of preterm birth (87). While the US FDA has withdrawn approval due to a lack of

efficacy of 17-OHPC for preterm birth (88), translational studies demonstrated that progesterone

and 17-OHPC, specifically, may contribute to maternal immunomodulation and prevention of

adverse perinatal outcomes other than preterm birth (41, 79). Furthermore, while nonselective

COX inhibitors [i.e. non-steroidal anti-inflammatory drugs (NSAIDs)] are generally not

recommend for use during pregnancy (89, 90), we have identified COX-1-dependent P4

regulation as a targetable pathway that warrants further investigation. Our results add to

growing literature utilizing P4 to treat adverse pregnancy and perinatal outcomes (41, 79, 91,

92). With pregnant people considered an 'at risk' population for many infectious diseases

ranging from influenza viruses and SARS-CoV-2 to Zika viruses, greater consideration should

be given to identifying the mechanisms of adverse pregnancy outcomes and the off label use of

compounds (e.g., 17-OHPC) that are safe during pregnancy and could mitigate the impact of

infectious diseases at the maternal-fetal interface.

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**7 Contributions**

SK, PC, MP, and IB conceptualized and designed the experiments. PC, MP, JP, AC, and MS

performed animal experiments. PC grew and quantified viruses and multiplexed cytokines. PC

and MP performed ELISA and Western blot. PC, JP, and JinL performed flow cytometry. JunL

stained, imaged, and analyzed placental tissue. PC statistically analyzed and graphed data. PC

and SK wrote the manuscript with input from all authors. All authors read and provided edits to

drafts and approved the final submission.

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**Figure Legends**

**Figure 1. Influenza A virus infection of pregnant outbred mice results in morbidity and a**

**pulmonary cytokine storm.**

Dams at embryonic day (E) 10 were intranasally inoculated with $10^3$ TCID$_{50}$ of 2009 H1N1 or

were mock inoculated with media. Daily maternal body mass (A) and rectal temperature (B)

were recorded as measures of maternal morbidity for 14 days. Subsets of dams were

euthanized to measure viral titers in lung tissue via TCID$_{50}$ assay (C) and cytokine

concentrations in spleen and lung tissue (D) at 3 (E13), 6 (E16), and 8 (E18) days post

infection. Cytokines were multiplexed with the Immune Monitoring 48-Plex Mouse Procartaplex

Panel miniaturized with the Curiox DA-Bead DropArray platform (n=12-14/group). Individual

symbols (A-B) or bars (C) represent the mean ± standard error of the mean per group from two

independent replications (n =12-14 mice/group) with individual mice indicated by symbols in (C).

Significant differences (p < 0.05) were determined by two tailed unpaired t-test of AUCs (A-B) or

one-way ANOVA with Bonferroni post hoc test (C) and are indicated by an asterisk (*).

**Figure 2. Influenza A virus (IAV) infection during pregnancy causes offspring growth**

**restriction and developmental delays.**

Dams at embryonic day (E) 10 were intranasally inoculated with $10^3$ TCID$_{50}$ of 2009 H1N1 or

were mock inoculated with media and were followed through delivery. Offspring were followed

through postnatal day (PND) 21 to assess fetal outcomes. Litter size (A), mass (B), nose to

anus length (C), and ear to ear head diameter (D) were measured at PND 0. Average

measurements of each independent litter were graphed to account for litter effects. Average pup

mass for each litter was taken daily to track growth through PND 21 (E). Developmental

milestones including fur growth, ear canal opening, eye opening, and teeth eruption were

recorded (F). At PND 5, a subset of pups was sexed and assessed for their surface righting

ability to measure neurological development. One pup per sex per dam was given 3 trials given

for the test, and each pup's best trial was reported (G). Bars (A-D, G) or symbols (E) represent

the mean ± standard error of the mean per group from two independent replications (n =13

litters or pups/group) with individual litter means (A-D) or individual mice (G) indicated by

symbols. For developmental milestones, the center bar of the floating boxplot indicates the

median day a litter reached each milestone (n=13 litters/group), with the range indicated by the

edges of the box (D). Significant differences ($p < 0.05$) were determined by two tailed unpaired

t-test (A-D), two tailed unpaired t-test of AUCs (E), Mann-Whitney nonparametric test (F), or

two-way ANOVA with Bonferroni post hoc test (G) and are indicated by an asterisk (*).

**Figure 3. Influenza A virus infection during pregnancy causes placental damage and**

**disruption to the trophoblast-endothelial cell barrier**.

Dams at embryonic day (E) 10 were intranasally inoculated with $10^3$ $TCID_{50}$ of 2009 H1N1 or

were mock inoculated with media and were euthanized at 3 dpi (E13) to collect placentas.

Representative H&E images were taken at 5x magnification and 20x magnification, with the

boxed portion further enlarged.  Arrowhead indicate fetal red blood cells and "M" indicates

maternal circulation with non-nucleated red blood cells (A). Representative TUNEL[+] (green)

stained placentas with DAPI to label nuclei taken (blue) were taken at 20x magnification and

100x (B). Placentas were immunostained for cytokeratin (C, red) to mark trophoblasts or

vimentin (D, red) to mark endothelial cells and DAPI (blue) to label nuclei. Representative

images were taken at 20x magnification and further zoomed 2.90-fold. Quantification of the

percentage of positive nuclei (E) or positive area for each marker is shown (F-G). Placentas

were homogenized and analyzed for concentrations (pg/ml) of IL-13 (H), GM-CSF (I), and IL-18

(J). Bars represent the mean ± standard error of the mean per group [n =5-6 mice/group (image

quantification) and 11-14 mice/group (cytokines)] with each symbol indicating one placenta and,

for analysis of images, is the mean quantification of 6 fields of view. Significant differences ($p <$

0.05) were determined by Mann-Whitney nonparametric test (E-G) or unpaired two tailed t-test

(H-J) and are indicated by an asterisk (*). Scale bar: 1 mm (A, left panel/group), 100 μm [(A,

right panels/group; B, left panel/group), 200 μm (C-D, left panel/group), or 50 μm (C-D, right

panel/group).

**Figure 4. Placental concentrations of proinflammatory cytokines and immune cells peak**

**at 6 days-post infection.**

Dams at embryonic day 10 were intranasally inoculated with $10^3$ TCID$_{50}$ of 2009 H1N1 or were

mock inoculated with media and were euthanized at 3 (E13), 6 (E16), or 8 dpi (E18) to collect

placental tissue (A-C). Placentas were homogenized and analyzed for concentrations (pg/ml) of

proinflammatory cytokines, including IL-1β (A), IL-6 (B), and TNFα (C). Flow cytometry was

performed using live placental cells at 6 dpi to assess immune cell type frequencies in placental

tissue including leukocytes (CD45$^+$, D), NK cells (CD45$^+$, CD3$^-$,CD19$^+$, E), B cells (CD45$^+$, CD3$^-$

,CD19$^+$, F), CD4$^+$ T-cells (CD45$^+$, CD3$^+$, CD4$^+$, G), CD8$^+$ T cells (CD45$^+$, CD3$^+$, CD8a$^+$, H),

neutrophils (CD45$^+$, CD11b$^+$, F4/80$^-$, CD170$^-$, side scatter area high, I), eosinophils (CD45$^+$,

CD11b$^+$, F4/80$^+$, CD170$^+$, J), CD163$^+$ macrophages (CD45$^+$, CD11b$^+$, F4/80$^+$, CD163$^+$, K), and

CD68+ macrophages (CD45$^+$, CD11b$^+$, F4/80$^+$, CD68$^+$, L). Bars represent the mean ± standard

error of the mean per group from two independent replications (n =11-14/ mice group for

cytokines and 5 mice/group for flow cytometry) with individual mice indicated by symbols.

Significant differences (p < 0.05) were determined by two-way ANOVA with Bonferroni post hoc

test (A-C) or Mann-Whitney nonparametric test (D-L) and are indicated by an asterisk (*).

**Figure 5. Downregulation of circulating and placental P4 caused by upregulation of COX-**

**1 through PGF2α secretion**. Dams at embryonic day (E) 10 were intranasally inoculated with

$10^3$ $TCID_{50}$ of 2009 H1N1 or were mock inoculated with media. Dams were euthanized for tissue

and serum collection at 1 (E11), 3 (E13), 6 (E16) or 8 (E18) dpi. Serum (A) and placental (B) P4

concentrations (ng/ml) were measured by ELISA. PGF2α concentrations (ng/ml) were

measured by ELISA in lung homogenates (C), serum (D), and ovarian homogenates (E). COX-1

and COX-2 protein expression in lung tissue was assessed by western blot at 3dpi (F) and

quantified as the fluorescence signal for each protein normalized to GAPDH. Active COX-1 is

also shown as a ratio to inactive COX-1 (F). Lungs from two independent experiments were

analyzed together to minimize interassay variability. Independent cohorts of dams were

intranasally inoculated with $10^3$ $TCID_{50}$ of 2009 H1N1 or were mock inoculated with media and

treated twice daily beginning 1 day before infection with either COX-1 inhibitor (SC-560, 10

mg/kg), COX-2 inhibitor (NS-398, 10 mg/kg), or vehicle until dams were euthanized at 3 dpi for

tissue and serum collection. PGF2α concentrations (ng/ml) were measured by ELISA in ovarian

tissue (H) and P4 concentrations (ng/ml) were measured by ELISA in serum (I). Bars represent

the mean ± standard error of the mean per group from two independent replications (n =6-12

mice /group for ELISAs and 4 mice/group for western blot) with individual mice indicated by

symbols. Significant differences ($p < 0.05$) were determined by two-way ANOVA with Bonferroni

post hoc test (A-B, I), Kruskal–Wallis with Dunn's post hoc test (C-E, H) or Mann-Whitney

nonparametric test (G) and are indicated by an asterisk (*).

**Figure 6. Synthetic progestin treatment improves maternal morbidity and prevents**

**offspring growth restriction and developmental delays.**

Dams at embryonic day (E) 10 were intranasally inoculated with $10^3$ $TCID_{50}$ of 2009 H1N1 or

were mock inoculated with media. At the time of inoculation, dams were subcutaneously

administered 17α-hydroxyprogesterone caproate (17-OHPC, 2mg/dam). Dams were euthanized

for tissue collection at 3 (E13) or 6 (E16) days post infection (dpi) or carried their pregnancy

through delivery (E20). Daily rectal temperatures were recorded as a measurement of maternal

morbidity through 14dpi (A). Viral titers were measured in lung tissue via $TCID_{50}$ assay at 3

(E13) and 6 (E16) dpi (B). At postnatal day (PND) 0, pups were weighed, with the average

measurements of each independent litter graphed to account for litter effects (C), and pups

were followed through weaning to observe developmental milestones (D) including fur growth,

ear canal opening, eye opening, and teeth eruption. (E) At PND 5, a subset of pups was sexed

and assessed for their surface righting ability with one pup per sex per dam given 3 trials for the

test, and each pup's best trial reported (G). Individual symbols (A) or bars (B-C, E) represent the

mean ± standard error of the mean per group from two independent replications (n =10 mice or

litters /group) with individual mice (B, E) or individual litter means (C) indicated by symbols. For

developmental milestones, the center bar of the floating boxplot indicates the median day a

littler reached each milestone (n=10 litters/group), with the range indicated by the edges of the

box (D). Significant differences (p < 0.05) were determined by two-way ANOVA with Bonferroni

post hoc test of AUCs (A), two-way ANOVA with Bonferroni post hoc test (B-C), Kruskal-Wallis

with Dunn's post hoc test (D), or three-way ANOVA with Bonferroni post hoc test (G) and are

indicated by an asterisk (*).

**Figure 7. Synthetic progestin treatment ameliorates placental damage and inflammation.**

Dams at embryonic day (E) 10 were intranasally inoculated with $10^3$ $TCID_{50}$ of 2009 H1N1 or

were mock inoculated with media. At the time of inoculation, dams were subcutaneously

administered 17α-hydroxyprogesterone caproate (17-OHPC, 2mg/dam). Placentas were

collected at 3 (E13) or 6 (E16) days post infection (dpi). Representative TUNEL[+] (green) stained

placentas with DAPI to label nuclei taken (blue) at 100x magnification (A), with quantification of

the percentage positive nuclei (B). Placentas were immunostained for cytokeratin (red) to mark

trophoblasts and DAPI (blue) to label nuclei (C) Representative images were taken at 20x

magnification, with quantification of the percentage positive area (D). Placentas were

homogenized to measure concentrations (pg/ml) of IL-1$\beta$ (E), IL-6 (F), and TNF$\alpha$ (G). Bars

represent the mean ± standard error of the mean per group (n =5-9 mice /group) with each

symbol indicating one placenta and, for analysis of images, is the mean quantification of 6 fields

of view. Significant differences ($p < 0.05$) were determined by Kruskal-Wallis with Dunn's post

hoc test and are indicated by an asterisk (*). Scale bar: 50 µm

# Figure 1

# Figure 2

# Figure 3

**A** Mock | IAV

**B** TUNEL DAPI | TUNEL DAPI

**C** Cytokeratin DAPI | Cytokeratin DAPI

**D** Vimentin DAPI | Vimentin DAPI

**E** TUNEL + nuclei (%) — Mock, IAV

**F** Cytokeratin + area (%) — Mock, IAV

**G** Vimentin + area (%) — Mock, IAV

**H** IL-13 (pg/ml) — Mock, IAV

**I** GM-CSF (pg/ml) — Mock, IAV

**J** IL-18 (pg/ml) — Mock, IAV

# Figure 4

# Figure 5

# Figure 6

# Figure 7

**A**

Mock - Vehicle  50 µm

IAV - Vehicle  50 µm

Mock - 17-OHPC  50 µm

IAV - 17-OHPC  50 µm

**DAPI TUNEL**

**C**

Mock - Vehicle  50 µm

IAV - Vehicle  50 µm

Mock - 17-OHPC  50 µm

IAV - 17-OHPC  50 µm

**DAPI Cytokeratin**

**B**

TUNEL + nuclei (%)

Vehicle    17-OHPC

**D**

Cytokeratin + area (%)

Vehicle    17-OHPC

**E**

IL-1β (pg/ml)

Vehicle    17-OHPC

**F**

IL-6 (pg/ml)

Vehicle    17-OHPC

**G**

TNFα (pg/ml)

Vehicle    17-OHPC

● Mock - Vehicle    ○ Mock - 17-OHPC
● IAV - Vehicle    ○ IAV - 17-OHPC