unicef ✿
for every child

COVID-19

advice for pregnant women

May 1st, 2020

Follow the measures of personal hygiene and social distancing:

✔ **Refresh** the air inside the house as often as possible. This lowers the potential concentration of the virus in the air.

✔ **Reduce** contact with other people as much as you can. Keep in touch with loved ones by phone or internet. Even at home, if possible, avoid using the common areas at the same time as other family members.

✔ **Shop online** or seek **the help of close ones** to avoid traveling.

✔ Try to get **enough of what you need,** such as food, cleaning supplies, medicines, and medical equipment, to reduce your frequency of visiting public places.

✔ **Stay active.** Try to do light exercise daily, recommended during pregnancy.

✔ **Find out the phone number and/or address** of people or organizations in the community you can call if you need to be quarantined or become ill.

✔ Make sure your family or loved ones **know all the information they would need in case you need to quarantine or get sick.** These may include information about your gynecologist or family doctor, the medicines you are taking (if any) or the care needs of your dependents (other children, elderly parents or pets).

✔ Inform yourself on the new coronavirus and COVID-19 from reliable sources[1].

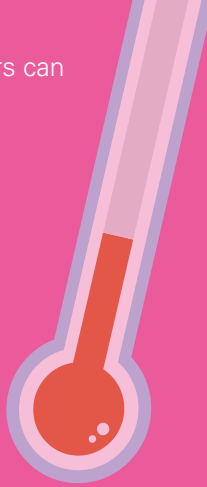## In case of fever

✔ If you are taking prescription medicines, check with your doctor first. At this time, doctors can prescribe medication online and there is no need to go to the office.

✔ If symptoms include cough and difficulty breathing:

- *Stay home.*

- Call your family doctor (and mention that you are pregnant) or the obstetrician and ask for advice.

Can COVID-19 affect pregnancy or the newborn?

• At this time, there is evidence that the new coronavirus affects the pregnancy or health of the baby after birth.

• here are limited data on the transmission of the virus from mother to fetus during pregnancy or childbirth. We also do not yet know what risks COVID-19 poses to the fetus or young child of a diagnosed mother. A very small number of problems in pregnancy or preterm birth of mothers tested positive for COVID-19 have been reported, but it is unclear whether these problems are directly related to maternal infection.

• Babies or young children diagnosed with COVID-19 have generally mild symptoms or are asymptomatic.

f you are diagnosed with COVID-19:

✔ Call your family doctor or obstetrician and tell them about the diagnosis.

✔ Talk to your doctor about the steps you need to take next, including prenatal checkups, tests, and ultrasounds, and your birth details.

If you are diagnosed with COVID-19 and go into labor:

• During pregnancy, keep in touch with your family doctor or obstetrician.

• At this time, it is possible that the medical units where you went for routine check-ups, tests or ultrasounds to be temporarily closed. Your doctor is best able to advise you if, where and when you can do these investigations.

• It is also possible that the medical unit where you were scheduled for the birth will be temporarily closed or that there will be another maternity hospital in your county dedicated specifically to pregnant women diagnosed with COVID-19. This is so that the care provided to these mothers can meet the needs generated by this special situation.

• If you are diagnosed with COVID-19, always tell your doctor or nurse to help them find the best solutions for you.

[2] https://lege5.ro/Gratuit/gm3domrtgi3q/ordinul-nr-555-2020-privind-aprobarea-planului-de-masuri-pentru-pregatirea-spitalelor-in-contextul-epidemiei-de-coronavirus-covid-19-a-listei-spitalelor-care-asigura-asistenta-medicala-pacientilor-tes