

PREGNANCY AT THE TIME OF CORONAVIRUS

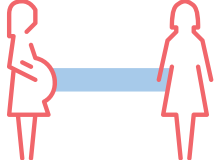


I'm pregnant, how can I protect myself from coronavirus?

YOU MUST FOLLOW THE DIRECTIONS GIVEN TO THE GENERAL POPULATION, MAINLY:



Wash your hands often



Keep at distance from others (at least 1 meter)



Avoid touching your eyes, nose and mouth



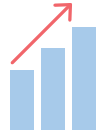
Maintain proper hygiene standards (if you cough or sneeze use disposable handkerchiefs, immediately throw away the used ones, alternatively sneeze or cough in the fold of the elbow, etc...)

I AM PREGNANT, SHOULD I HAVE REGULAR ROUTINE PRENATAL CARE?

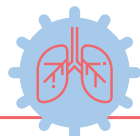
Yes. The timing of the examinations and in-person assessments will be determined on the basis of your clinical condition and the time of pregnancy at which the examinations are recommended. You will decide with your doctor/midwife if a visit or an exam may be postponed or not.



DOES MY PREGNANCY PUT ME AT HIGHER RISK OF CORONAVIRUS INFECTION?



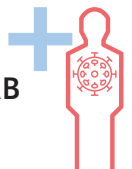
Based on available information, pregnant women seem to have the same risk as adults who are not pregnant



I'M A PREGNANT WOMAN, AM I MORE AT RISK OF RESPIRATORY INFECTIONS?

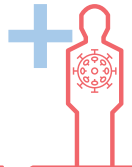
Pregnancy can be a risk condition for the development of respiratory tract infections with possible serious clinical complications. Therefore, if you have respiratory symptoms, contact your family doctor and/or your gynecologist or midwife.

MY PARTNER IS POSITIVE, SHOULD I HAVE THE SWAB FOR THE SARS-CoV-2 VIRUS?



You will alert your family doctor and your gynecologist/midwife, and they will provide you with the information about how to behave.

MY PARTNER IS POSITIVE FOR CORONAVIRUS, CAN HE ATTEND THE BIRTH?



Access to obstetrics departments is categorically prohibited to virus-positive partners who must comply with the isolation indication.

I'm pregnant and I'm POSITIVE FOR CORONAVIRUS (or manifest flu symptoms and I did not have the swab for the SARS-CoV2 virus)

CAN I TRANSMIT THE VIRUS TO MY BABY?

Mother-to-child transmission of coronavirus during pregnancy is very rare, but after birth a newborn is susceptible to person-to-person spread. To avoid transmission, follow the directions provided by the hospital staff.



THE DOCTOR TOLD ME I NEED A CT SCAN (COMPUTER TOMOGRAPHY) BUT I'M AFRAID FOR MY BABY.

Chest CT scan is currently considered to be an essential examination in the assessment of lung complications. It is important that you submit yourself to the examinations necessary to decide the most appropriate therapy for your health and that of your child.

IS IT BETTER TO PERFORM A CAESAREAN SECTION?



The available scientific knowledge to date does not recommend elective caesarean section. Caesarean section should be performed for obstetric reasons only, maternal and/or fetal.

CAN I GIVE BIRTH IN THE WATER?



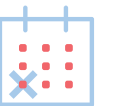
Water birth for women infected with SARS-CoV-2 should be avoided as there is evidence of fecal transmission of the virus.

CAN I TRANSMIT THE INFECTION TO MY CAREGIVERS?



Yes, specific protective measures are recommended to health professionals.

I'M PREGNANT AT THE THIRD TRIMESTER AND POSITIVE FOR CORONAVIRUS. SHOULD DELIVERY BE ANTICIPATED? CAN I HAVE AN EPIDURAL?



There is currently no scientific indication to suggest that childbirth should be anticipated. The choice of epidural anesthesia should be agreed with the team that assists you in childbirth (gynecologist, midwife, anesthesiologist) according to your clinical condition and that of the fetus.

SHOULD I DELIVER AT A SPECIFIC HOSPITAL?



Hospitals have been organized to ensure recommended infection control practices. Talk to your gynecologist/midwife to know what is the organization in your Region/Hospital.

After delivery

I became a mother, I have flu symptoms (or I am positive for coronavirus).

I'm a mother, but even if I'm not positive for the virus

CAN I BREASTFEED?

Breastfeeding is possible and should be supported. All the medical staff involved, neonatologists, midwives, nurses, gynecologists, will evaluate your specific situation and help you put in place the appropriate measures to prevent and control the infection during breastfeeding.



WHILE BREASTFEEDING CAN I AVOID USING THE MASK?

NO, you will always have to take all hygiene precautions such as using the mask, carefully washing your hands, cleaning the surfaces.

I'M AFRAID MY BABY MIGHT BE INFECTED.

It is advisable to follow all the directions given to the general population, then put in place hygiene standards (wash your hands, use disposable handkerchiefs, etc) and avoid visits, even those of grandparents and relatives.