

# (COVID - 19) PANDEMIC IN PREGNANCY

## ● Being pregnant, what is the risk of getting the corona - virus infection?

Pregnant women do not appear more likely to contract the infection than the general population. However, pregnant women immunity changes during pregnancy, so the body won't reject the fetus, which can be associated with increased risk of getting severe symptoms.



## ● What effect will coronavirus (COVID - 19) have on pregnant women?

It is expected that most pregnant women will experience mild to moderate symptoms, but due to an increase in the size of the uterus towards the end of pregnancy, causes pressure on the chest area and the lungs, may affect the body's reaction if an inflammation of the lung occurs.

Previous studies on pregnant women who were infected with the SARS virus, which is from the same family of viruses to which the Corona virus belongs,



showed that infection of a pregnant woman does not increase the risk of miscarriage. In the Republic of China, premature births were observed in some pregnant women infected with the coronavirus, but it is not clear whether the virus is the main cause of labor and premature birth, or whether the birth occurred due to other reasons.

- Is there a possibility of mother- child transmission of COVID - 19
- & what is the effect on the fetus?

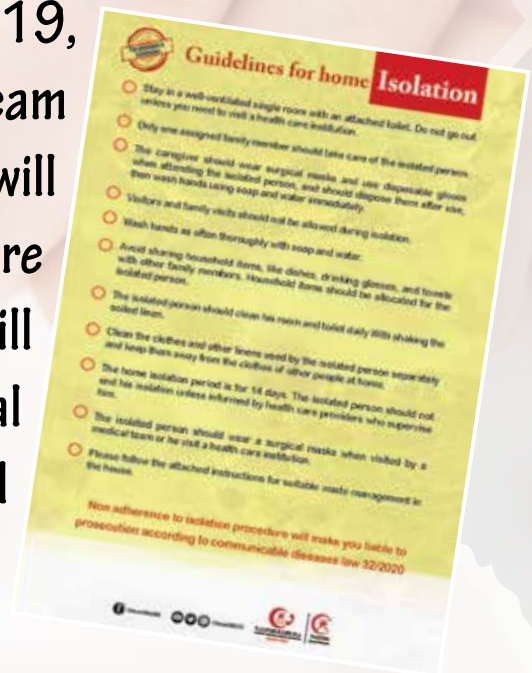
Since Covid19- is new virus, there is insufficient information on the extent transmission of the virus



and the effect of a pregnant Woman s infection on the fetus. Recently, the presence of anti-coronavirus virus was monitored in two newborn infants of infected mothers, but these cases remain few, and more studies are needed to know the extent of the virus transmission and its effect on the fetus.

## ● If a pregnant lady get the infection of COVID - 19, what she should do?

If pregnant lady diagnosed with Covid - 19, she will be followed by a specialized team to monitor her health status and she will be provided with a contact number before attending the health institution. she will be subjected to home or institutional isolation according to her health and social condition. If she have children,







she should ask for support from any healthy family member to take care of them.

If she are subjected to home isolation, she must follow the precautions to avoid the transmission of infection between the family members.

**Stop** **إمنع** **انتشار الميكروبات التي تُعرضك للمرض أنت والآخرين**  
**the Spread of Germs that make you & others Sick**

**Cover your mouth and nose with a tissue when you cough or sneeze**  
قم بتغطية فمك وأنفك بمنديل عندما تريد أن تعطس أو تسعل

**OR Cough or sneeze into your upper sleeve not your hands**  
أو قم بالعطس أو السعال بباطن الكوع ولكن ليس في يديك

**Put your used tissue in the waste bin**  
قم برمي المنديل المستخدم في سلة المهملات

**Then wash your hands with soap and water or rub them with hand Sanitizer**  
ثم اغسل يديك بالماء والصابون أو تعطيرهما بمعقم اليد الكحولي

**اتباع العادات الصحية حماية لك من سائر الأمراض التنفسية المعدية**  
**Practicing healthy behaviors protect you from all respiratory infectious diseases**

**دائم على غسل يديك بالماء والصابون أو استخدام معقم اليد الكحولي**  
Clean your hands thoroughly with soap and water, or use sanitizer on a regular basis

**تجنب الاتصال المباشر مع الآخرين كالعتاق والتقبيل والمصافحة**  
Avoid close contact with people including social hugging, kissing & hand shaking

**قم بتغطية فمك وأنفك بمنديل عند السعال أو العطس وابعده بسلة المهملات**  
Cover your nose and mouth with a tissue when coughing or sneezing and dispose it immediately

**لبس الكمامات في أماكن التجمعات والأزحام قدر الإمكان**  
Wear a face mask in crowded places

**حافظ على نظافتك الشخصية واتباع التغذية المتوازنة**  
Maintain your personal hygiene and healthy balanced diet

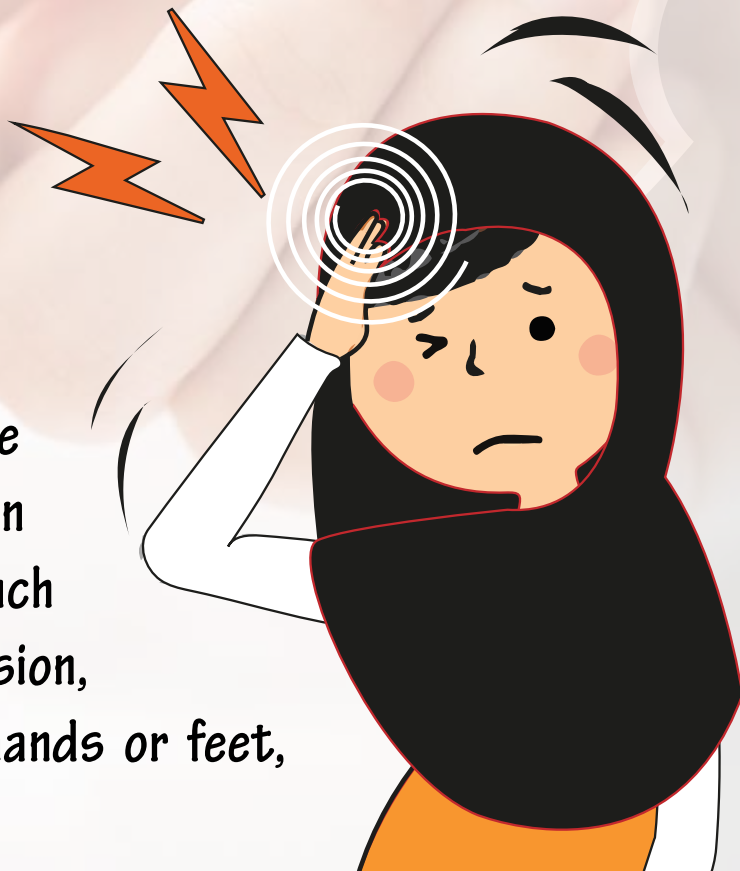
● What about the follow up in antenatal clinic during isolation period?

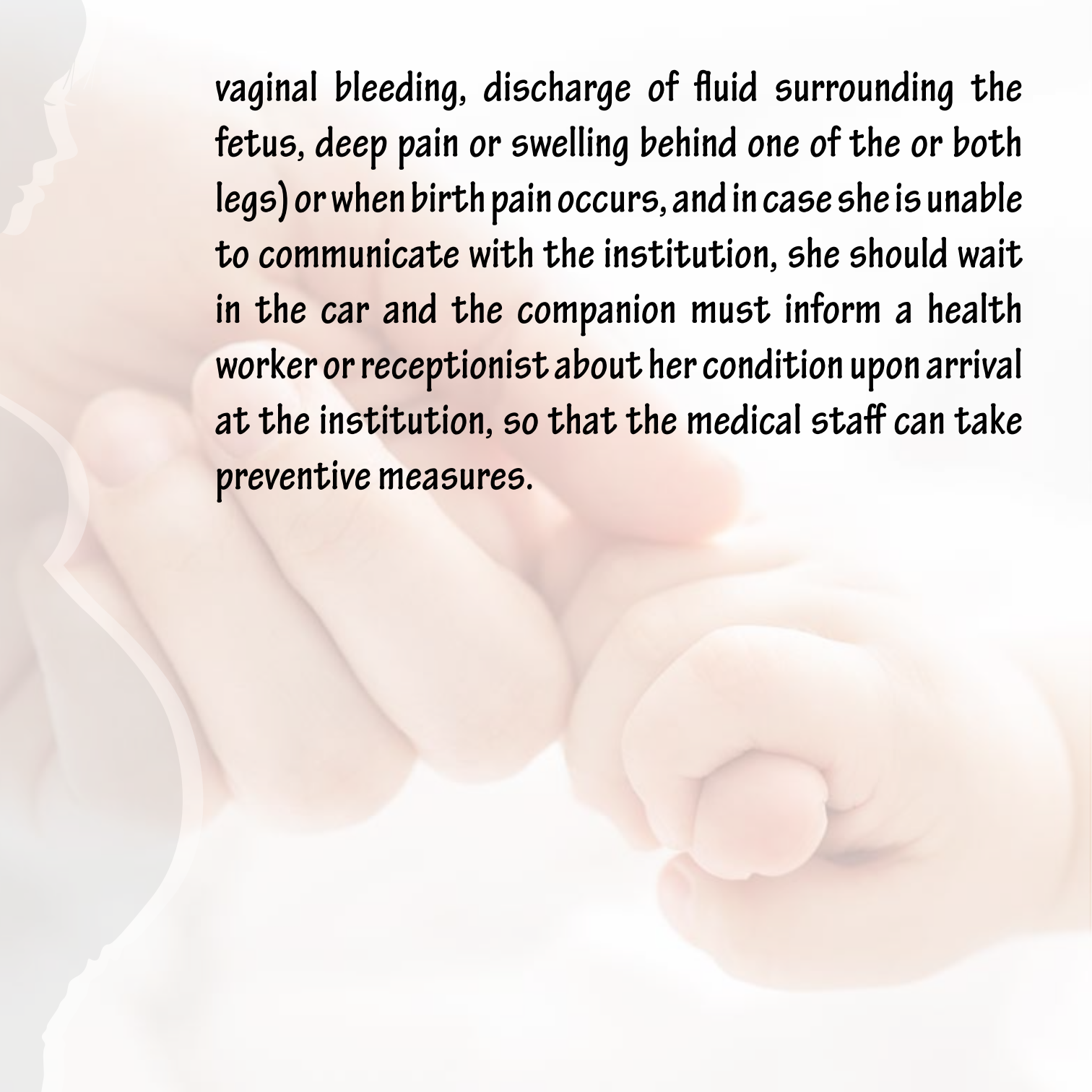
● What she should do if she go into labour?

As for the follow-up at the antenatal clinic, she should contact the institution to postpone the date of her visit until the end of the isolation period.

If her case requires attending the appointment, coordination will be made to receive her in the clinic to ensure that she do not mix with the rest of women in the clinic.

Also, she should contact before attending the health institution if she develop any risk signs (such as: severe headache, blurred vision, cramps, swelling of the face, hands or feet,



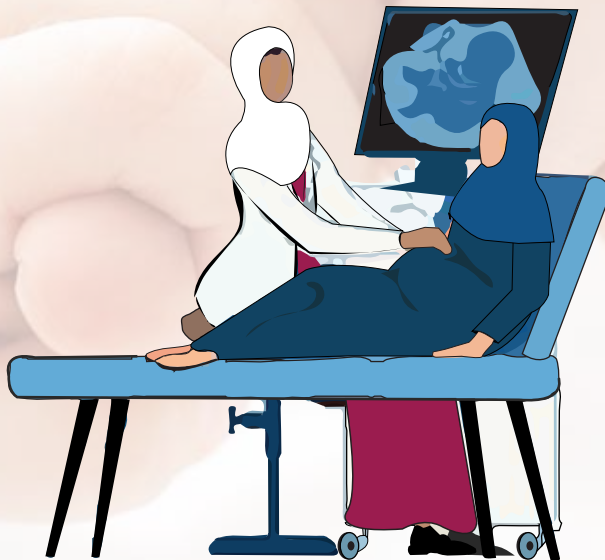


vaginal bleeding, discharge of fluid surrounding the fetus, deep pain or swelling behind one of the or both legs) or when birth pain occurs, and in case she is unable to communicate with the institution, she should wait in the car and the companion must inform a health worker or receptionist about her condition upon arrival at the institution, so that the medical staff can take preventive measures.



## ● What is the best mode of delivery if test positive for COVID19-?

There is no best way to deliver infected cases. But when she attend the health institution for delivery, her condition will be evaluated by a team of specialists (obstetrics and gynecologists, internal diseases, anesthesia) taking into account her medical history and previous births. If her health condition requires the termination of pregnancy, the necessary measures will be taken.



## ● Is the baby after delivery will be tested for COVID - 19 ?

If the mother have confirmed or suspected infection with the virus, her baby will be examined after birth to ensure that he is not infected, and his health will be followed up.

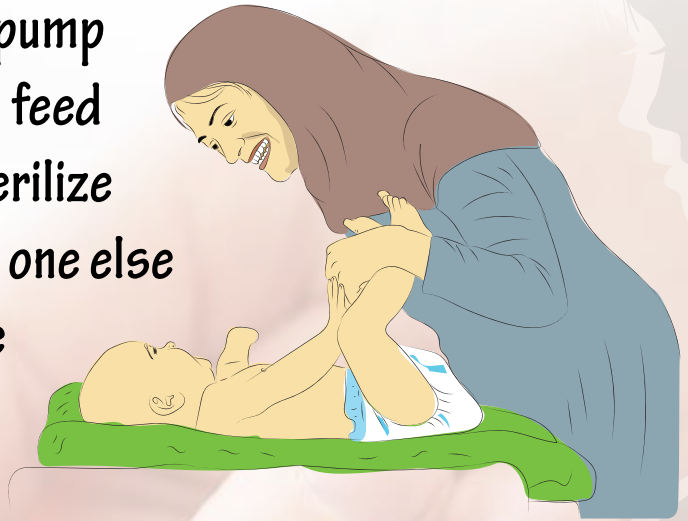


## ● Will the mother be able to breast feed her baby if she is infected with COVID19-?

There is no current evidence that the virus can be carried in breast milk. However, there is concern about the close contact between her and her baby, as she may share airborne droplets infected with COVID19-. Therefore it is advised to



express breast milk using breast pump and ask someone who is well to feed the baby. It is important to sterilize the pump after each use. When no one else can take care of her baby, then she should follow the precaution measures which include: wear face mask, avoid coughing or sneezing on her baby, wash hands with water and soap before touching her baby and the nipple.



Instructions may change with more information about the virus

## ● How can pregnant lady protect herself from getting the infection?

She should follow the precautions to avoid infection with the virus, which includes:

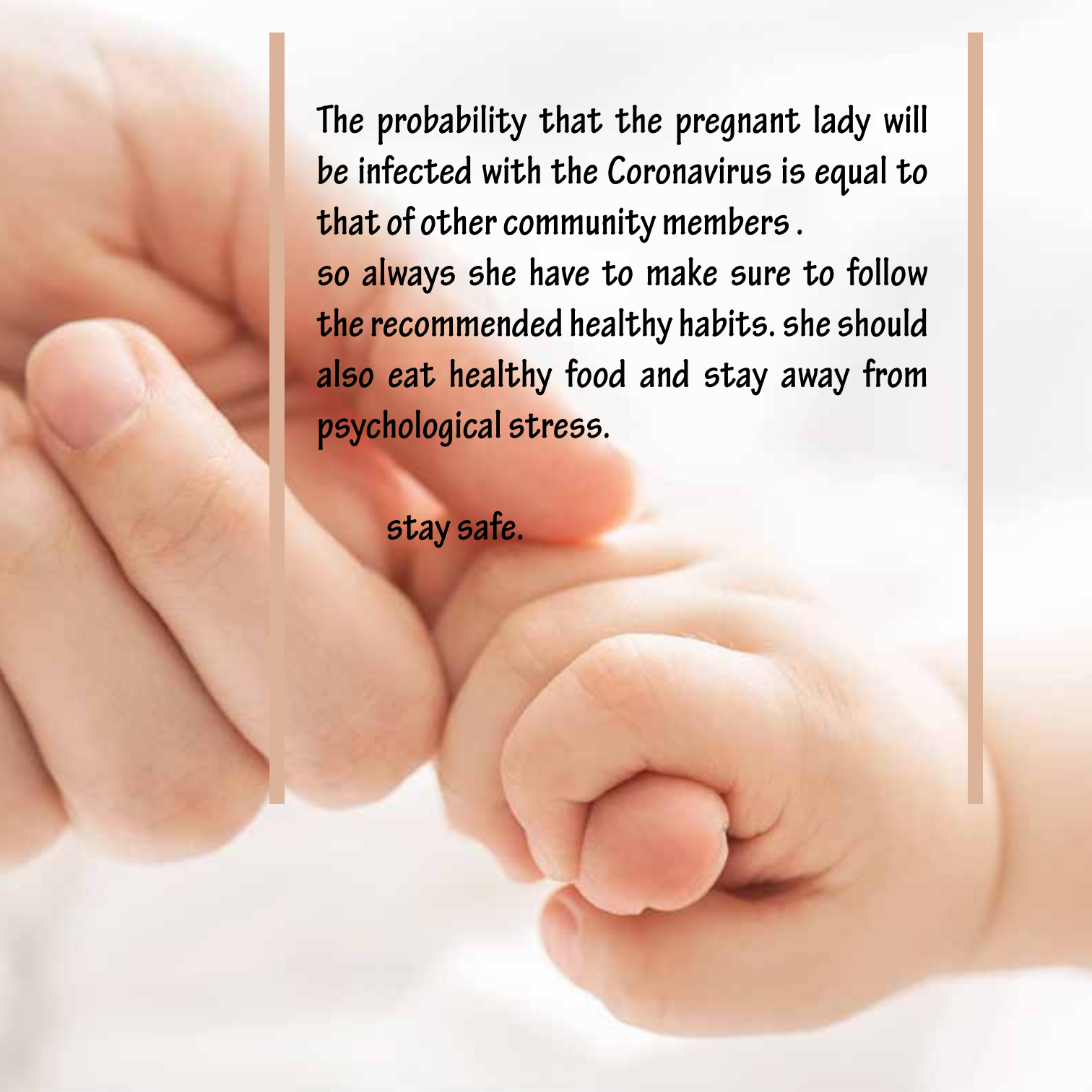
Social separation by leaving a distance between her and others and not mixing with the confirmed or suspected individuals with the infection, always wash hands with water and soap when touching surfaces and when caring for the child, especially when changing diapers, avoid crowd places.



If she feel any of the following symptoms: fever, cough, pain in throat or diarrhea, she should seek nearest health institution for medical care. she should also eat healthy food and stay away from stress.







The probability that the pregnant lady will be infected with the Coronavirus is equal to that of other community members .

so always she have to make sure to follow the recommended healthy habits. she should also eat healthy food and stay away from psychological stress.

stay safe.