



COVID-19
CORONAVIRUS

Home Care

P R E G N A N T W O M E N

This is not a substitute for medical advice from your doctor. It is advisable to consult your doctor either via online or physically to get the treatment.

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Why Precautions?



Data Taken From WHO

Pregnant women or recently pregnant women who are older, overweight, and have pre-existing medical conditions such as hypertension and diabetes seem to have an increased risk of developing severe COVID-19. When pregnant women develop severe disease, they also seem to more often require care in intensive care units than non-pregnant women of reproductive age.

Due to changes in their bodies and immune systems, we know that pregnant women can be badly affected by some respiratory infections. It is therefore important that they take precautions to protect themselves against COVID-19, and report possible symptoms (including fever, cough or difficulty in breathing) to their healthcare provider.

WHO will continue to review and update its information and advice as more evidence becomes available.

If you are pregnant

What precautions should you be taking to protect yourself against COVID-19



Pregnant women should take the same precautions to avoid COVID-19 infection as other people. You can help protect yourself by:

- Washing your hands frequently with an alcohol-based hand rub or soap and water.
- Keeping space between yourself and others and avoiding crowded spaces. Wear a non-medical, fabric mask where it is not possible to keep sufficient physical distance between yourself and others. Avoiding touching your eyes, nose and mouth.
- Practicing respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Few more Questions

Should Pregnant Mother be tested for COVID-19?

If pregnant mother has a history exposure and symptoms, they should be prioritised for testing.

Can COVID-19 be passed from a woman to her unborn or newborn baby?

We still do not know if a pregnant woman with COVID-19 can pass the virus to her fetus or baby during pregnancy or delivery. To date, the active virus has not been found in samples of fluid around the baby in the womb or breastmilk.

Do pregnant women with suspected or confirmed COVID-19 need to give birth by caesarean section?

No. WHO advice is that caesarean sections should only be performed when medically justified.

Can I touch and hold my newborn baby if I have COVID-19?

Yes. Close contact and early, exclusive breastfeeding helps a baby to thrive. You should be supported to

- Breastfeed safely, with good respiratory hygiene;
- Hold your newborn skin-to-skin, and
- Share a room with your baby

You should wash your hands before and after touching your baby, and keep all surfaces clean. Mothers with symptoms of COVID-19 are advised to wear a medical mask, during any contact with the baby.

Should I make any changes to my labor and delivery plans?

Talk with your ob-gyn or other health care professional about your birth plan. In most cases, the timing and method of delivery (vaginal birth or cesarean birth) do not need to be changed. Women who are sick probably do not need a cesarean birth.

ACOG believes that the safest place for you to give birth is a hospital, hospital-based birth center, or accredited freestanding birth center. Your hospital or birth center may be adjusting their policies. For example, there may be changes to the number of visitors allowed and how long you will stay in the hospital. Check with your hospital and ob-gyn or other health care professional about your birth plan. Be sure to mention if you are planning to have a doula with you during childbirth.

Where will my baby stay after delivery if I have COVID-19?

There are many benefits to having your baby stay in the same room as you after delivery, even if you have COVID-19. For example, rooming together may help you bond with your baby and help you start breastfeeding if desired.

You also may choose for your baby to stay separated from you, such as in the hospital nursery. But current reports suggest that the risk of a baby getting COVID-19 does not change based on whether the baby stays in the mother's room or in a separate room. (See "How can I avoid passing COVID-19 to my baby?") If you room together, the baby's crib may be kept at least 6 feet away from you. Some facilities use clear plastic cribs that are enclosed and keep an even temperature.

Staying in a separate room may be encouraged if you are very sick or your baby is at a high risk of getting very sick. If you choose to be separated and you plan to breastfeed, you can ask for a breast pump and use it to express (pump) milk. This will allow someone who is not sick to bottle-feed breast milk to your baby. Pumping also may help you maintain your milk supply for when you begin breastfeeding.

Talk with your health care team about the options at your hospital or birth center well before your due date. Together you can discuss what you think is right for you and your baby. Be sure to talk about the best ways to

- reduce the risk of infection for your baby
- support the long-term health of you and your baby
- help you start breastfeeding if desired

Online Consultation

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BY SEEING THE CURRENT SITUATION WE HAVE LAUNCHED AN Online DOCTOR CONSULTATION ON Whatsapp Chat Service TO SUPPORT PEOPLE THROUGH THESE TIMES. WE ARE ALSO AIMING TO ADDRESS PEOPLE'S FEARS ABOUT THE VIRUS AND ANSWER CONCERNS IF ANY.

For Online Consultation, you can follow these steps:

Method 1.

1. Visit www.drdad.in
2. Click on Online Consultations
3. Follow the steps written there and book an appointment

Method 2.

1. Call / Whatsapp at +91 8595490248
2. Get Appointment link on your WhatsApp
3. Fill it and book and appointment.