CORONAVIRUS AND PREGNANCY

Risk for expecting mothers
Same as other individuals, not higher.

Precautions
Same as other individuals, including: washing hands for 20 seconds frequently; social distancing; avoiding touching the eyes, mouth and nose; sneezing/coughing in elbow or tissue; discarding used tissues in a closed dustbin.

Going to work
If there is no underlying health condition:
First and second trimester: You may, with precautions.
Third trimester: Work from home if possible.

Getting tested
Only if you are showing COVID-19 symptoms.

If tested positive
Contact your doctor/midwife for advice.
Mild symptoms: Self-isolate for 14 days.
Severe symptoms: Visit a hospital.

Antenatal appointments
Stay in touch with your doctor/midwife.
First & second trimester: Prefer tele-health services to contact your doctor.
Third trimester: Attending appointment is important so attend with precautions.