



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.

