



COVID-19 in Pregnancy

We understand your concern and anxiety related to the current COVID-19 pandemic and the deluge of information surrounding it. Please understand that the known information about this virus is limited and changing daily. Here is what we currently know about pregnancy: Currently the available information on COVID-19 does not show that pregnant women are at increased risk from the disease. However, because we know that pregnant women are at higher risk from getting sicker from the flu and other viral illness, we are considering pregnant women to be an at-risk population. We do not yet have information on whether the virus can cross the placenta to the baby but the limited data we have so far shows that it doesn't. What does this mean? Pregnant women, like the rest of the population should take precautions to protect themselves from getting the virus as best they can. See below for more information

Spread:

COVID-19 or Coronavirus is spread through droplets. The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.**please note that an infected person may not have symptoms for up to a week after they contract the disease this is why it is recommended not to be around multiple people for the next few weeks
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- These droplets can also land on nearby surfaces and potentially live for up to three days, therefore another person can get the virus by touching a table, door handle, phone etc from another person and then touching their face/or mouth.

Prevention:

- The best way to prevent transmission is to stay away from people as much as you can. Because someone may not show symptoms immediately it is not enough to avoid those people that are sick. Self isolate as best as you can
- Wash your hands and the surfaces that you touch or your food touches regularly at both home and work
- Cover your mouth with your elbow when you cough and sneeze
- DO NOT GO to work or any appointment if you think you may be sick

Symptoms:

The most common symptoms of COVID-19 are:

1. Fever over 101
2. Dry cough
3. Shortness of breath



What to do if you think you might be sick

- If your symptoms are mild and you can breath normally it is best to stay home and treat your symptoms with over the counter medications
 - Medications and other remedies that are safe in pregnancy to try: Tylenol 1000mg every 8 hours for fever and aches, Mucinex DM twice daily, robitussin, cough drops, humidifier, hot showers **Avoid ibuprofen, motrin or advil
- If your fever is over 102 and does not come down with Tylenol or you feel that you can not catch your breath, you may qualify for testing
 - Call your primary care office to see if they recommend testing and have testing available
 - Southwest Contemporary Women's Care does not have the ability to test at this time
- If your symptoms are severe and you can not breath, proceed to the nearest emergency room
 - Please note the ER does NOT have tests available unless you are severely ill.

At the hospital:

Please note that in an effort to prevent transmission and keep you and your baby safe significant restrictions have been place on the number of visitors allowed at Banner Desert. All patients are only allowed ONE support person. That person must be healthy and can not be interchanged with another person at any time in the hospitalization. No children under 13 are allowed as visitors.

Resources we recommend for more information and updates:

CDC FAQ for pregnancy: https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnancy-faq.html

CDC site on corona virus: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

American College of Obstetricians and Gynecologists: www.ACOG.org