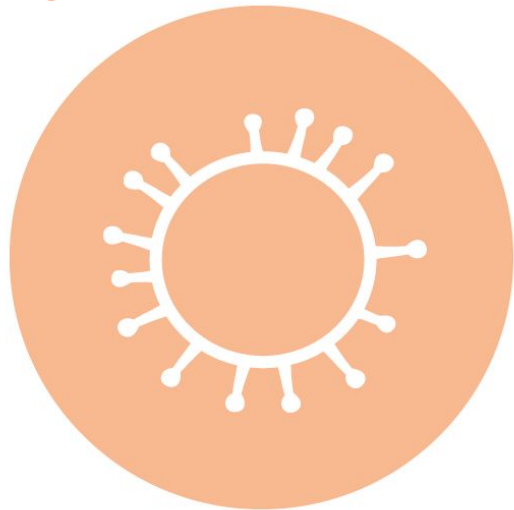


Coronavirus

during and after pregnancy



What is it?



The name coronavirus is derived from the Latin corona, meaning "crown". Protein spikes covering the surface of the virus create this specific crown shape.

Term *coronavirus* is used for any virus belonging to the *Coronaviridae* family. This family is organized in two sub-families and both of them cause various diseases with different levels of severity.

Coronavirus disease 2019 - "**COVID-19**," is an infection caused by a specific virus SARS-CoV-2*, which was first discovered in late 2019 in **Wuhan, China**.



*SARS-CoV-2 = *Severe Acute Respiratory Syndrome - Corona Virus*

How is it spread?



Coronavirus is spread from human to human, just like a common flu = **through air by small particles and liquid droplets**. It mainly affects the respiratory tract and conjunctivas.

**Coughing
Blowing nose**

Talking

**Kissing and during
sex**

**Touching an
infected surface**

Spread
radius up to
2 metres

*Keep your distance
from others!*



Important! You can get infected even from asymptomatic patients, who don't even know about the disease yet. However, there is no evidence showing pregnant women are at higher risk of getting infected.

What are the risks of mother-to-child transmission?



There is no evidence of mother-to-child transmission during pregnancy and childbirth.

The virus **was not found** in amniotic fluid, nor in breast milk.

Infection with a new type of coronavirus **is not a reason for separation** from the newborn if the mother is in good condition. However, precise hand hygiene and wearing a face mask is required before, during and after breastfeeding. Always consult such situation with your doctor.



Incubation period



2 to 14
days

.. that's why the quarantine, when returning from affected locations, is set to 2 WEEKS.

**What is the age distribution
of infected people?**

67 %



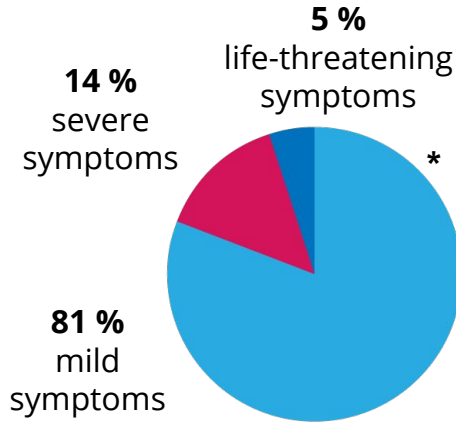
> 45 years



**incubation period is the
time elapsed between virus
exposure and first symptoms*

! The risk of getting infected is the same for all people. Children and young people, however, often experience only mild symptoms of the disease. Risk of death is higher at people above 65 years of age.

How does the infection look like?



*The graph applies to general public.

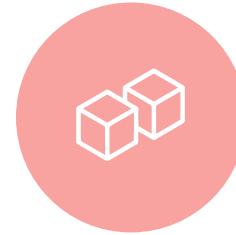


Available data suggest that the course of the disease is usually very mild in pregnant women. Only isolated cases with a severe course of the disease have been described.

Who is the most at risk?



Seniors



People with chronic medical condition
(diabetes, heart failure, lung diseases)



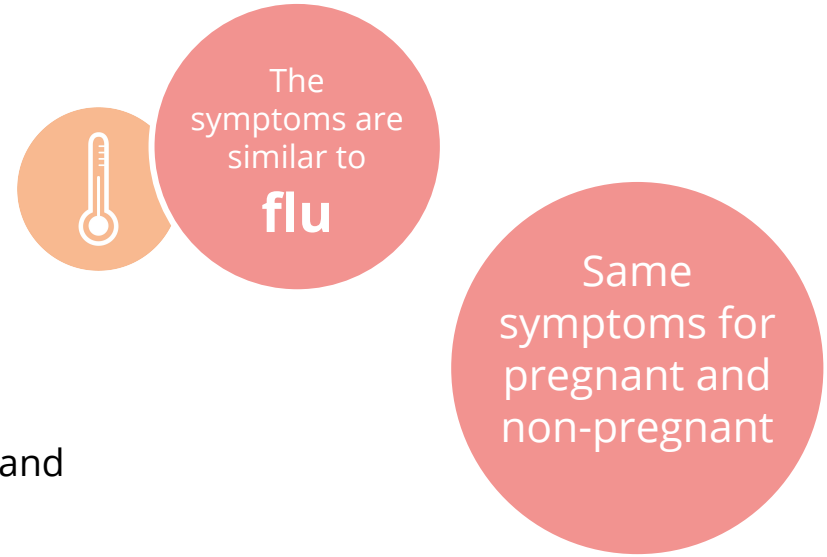
People with weak immune system
(cancer)

How does the infection manifest itself in pregnant women?

- Cough
- Headache
- Muscle fatigue
- Fever
- Sore throat
- Breathing problems*
- New Loss of smell, taste

Other common symptoms are stuffy nose, nausea and diarrhea.

**Some patients experience pneumonia, which can result in respiratory failure.*



How is the infection treated?



There is no specific antiviral medicine yet. The treatment is mostly symptomatic, depending on individual needs of each patient.

Pregnant women with mild symptoms can be treated at home. If the symptoms are severe, the woman needs to be transported to hospital to be closely monitored (in case of breathing problems, for example). Fever can be lowered with acetaminophen (paracetamol).

Duration of the
disease with
mild symptoms

2 weeks

Duration of the
disease with
severe symptoms

6 weeks

How to prevent the disease?



Every one of us can help to stop the spreading of the virus by being empathetic, cautious and caring. Follow these rules:

1. Wash your hands regularly

Use water and soap. Do it every time after you get home or in case you touched other people, animals or surfaces outside. [Learn to wash your hands properly!](#) It's also good to use antibacterial hand gel with 60 % alcohol.

2. Cover your mouth with a sleeve

when coughing or sneezing. Don't use your hand.

3. Use disposable tissues

and wash your hands every time you use them.

4. Don't touch your face

Especially your mouth, nose and eyes. If you accidentally touch it, wash your hands afterwards.

5. Try to avoid crowded places

Stay at home if you can.

6. Avoid infected people

If you need to see them, stay at least 1-2 metres away from them.

How to prevent the disease?



7.

Limit your travel

to a bare minimum. Public transport and taxi included.

8.

Take care of your health

get enough sleep, eat healthy, drink enough water and don't forget to exercise.

9.

Clean and disinfect

Especially objects and surfaces that are frequently touched. Door knobs, computers, mobile phones, nightstands... Choose a disinfection that kills viruses as well as germs.

10.

Have enough medicine

for fever treatment and other tools to treat the infection (paper tissues, thermometer, etc.). Always check if the medicine is suitable for pregnant women!

11.

Use protective equipment

Gloves, glasses, face masks...

!

Since 2021 there is a vaccine protecting from covid-19, but at this time it is not recommended to pregnant women.



How to use a face mask or a respirator?

General guidelines for face mask and respirator use

- **Sanitize your hands** before and after you touch your protective equipment or **wash them** with soap and water.
- **Cover your nose and mouth.** Make sure there are **no spaces** between the mask and your face.
- **Don't touch** your protective equipment during use.
- If it gets wet, **change it.**
- **Remove the mask using the straps on the back**, don't touch the mask itself.



Remember, a mask alone cannot protect you from COVID-19. It must be combined with maintaining at least one metre distance from each other and washing your hands frequently.



Face mask

- Have **more face masks in stock** to change them whenever you need to (for example 4 masks a day).
- **Wash it at high temperatures** after use (above 60°C).
- **Iron** the mask.

Disposable face masks

- **Don't use it again.**
- Put it in a sealed container after use.

Respirator

- Respirator usually loses its effectivity **after 4-6 hours** of use.
- Respirators with valves should be used **with face masks** over them.

How to wash your hands?



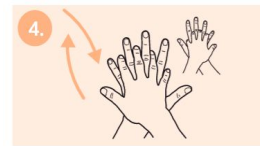
Wash hands with water.



Apply enough soap.



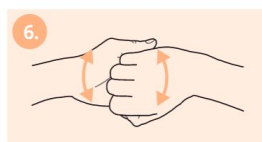
Rub hands palm to palm in a circular motion.



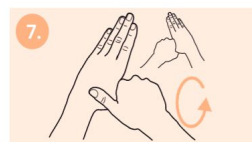
Rub the back of each hand with fingers interlaced.



Rub palms together with fingers interlaced.



Interlock your fingers and rub their backs against each other.



Rub your thumbs inside your palms.



Rub your palm with your fingers to clean the spaces between nails and skin.



Rinse your hands with water.



Dry hands thoroughly.



Use a disposable towel to stop the running water.



Do you need help?



MINISTERSTVO ZDRAVOTNICTVÍ
ČESKÉ REPUBLIKY

Go to
koronavirus.mzcr.cz
or call 224 972 222

Call the National
Institute of Public
Health hotline



Call your insurance
company hotline



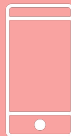
If you cannot reach the
hotlines, keep calm and **try**
again later.

- 724 810 106
- 725 191 367

- VZP 952 222 222
- VoZP 844 888 888
- OZP 261 105 555
- ČPZP 810 800 800
- ZP ŠKODA 800 209 000
- ZPMV 844 211 211
- RBP 800 213 213

What to do if I get sick?

**IF YOU EXPERIENCE COUGH, FEVER OR
SHORTNESS OF BREATH**



**STAY AT HOME AND CALL YOUR GP.
TELL HIM / HER YOU ARE PREGNANT.**



**IF YOU TEST POSITIVE FOR
CORONAVIRUS**



**CALL YOUR MIDWIFE OR GYNECOLOGIST
AND ASK THEM FOR FURTHER
INSTRUCTIONS.**



**All pregnant women, including women with COVID-19, have the right for
adequate health care!**

Q&A



„Do women with COVID-19 have to give birth by C-section?“

No. COVID-19 itself is not a reason to end pregnancy by Caesarean section.

„Can women with COVID-19 breastfeed?“

Yes, they can. However, they should follow certain hygiene guidelines: they should wear face masks during breastfeeding, they should wash their hands before any contact with the baby and they should thoroughly sanitize all surfaces at home regularly.

„Is there a risk that COVID-19 in a pregnant woman or newborn may have a long-term effect on the health and development of the baby?“

Currently, there is no information on long-term health effects in infants with COVID-19, nor in those who have been exposed to the virus in the mother's uterus. Premature birth and low birth weight are generally associated with negative long-term health effects.

Q&A

„Can I touch my newborn baby?”

Yes, contact with you and regular breastfeeding is good for your baby. You should be allowed to safely breastfeed (following hygiene guidelines) and share a room with your newborn. Wash your hands before and after any contact with your baby and sanitize all surfaces you have touched.



„Is COVID-19 in breastfeeding mothers a potential risk for infants?”

The disease is transmitted through droplet infection when an infected person coughs or sneezes. In a limited number of reports of breast-feeding women infected with COVID-19, the virus was NOT detected in breast milk; however, antibodies to COVID-19 were detected in breast milk samples.

Final recommendations

Don't panic, but also
don't underestimate
the situation

If you don't feel well,
stay at home

Wash your hands
regularly
[How to do it?](#)

Use reliable sources
([MZ ČR](#), [SZÚ](#), [WHO](#))

Call your doctor
before you go there

Avoid ill people

Be responsible,
considerate and
caring

Stay isolated if you
are ordered to

All of us can help to
prevent this disease

Test your knowledge:



Who created this presentation?

Non-profit organization



This presentation was created on the 14th of January 2021. The situation may have changed, follow the information from WHO.

Support our cause:

bit.ly/PodporitLoono

Under the auspices of



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We use reliable sources



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