

COVID-19 - Tips and facts for pregnant women



How is it spread?

Coughing Blowing nose	Kissing and during sex
Talking	Touching an infected surface

Incubation period is 2 - 14 days. The risk of getting infected is the same for all people. Children and young people, however, often experience only mild symptoms of the disease.

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.

Spread radius up to **2 metres**

What are the symptoms?

Fever Cough Breathing problems* Fatigue

Muscle fatigue Loss of appetite Loss of smell, taste

How is it diagnosed?

The doctor may take some samples, including saliva, nasal swab and throat swab, to send for testing.

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 **should not be a reason for separation** from the newborn if the mother is in good condition.

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

How is it 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 put in hospital and carefully 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**

What to do if...

If you experience cough, fever or shortness of breath → Stay at home and call your gp. Tell him / her you are pregnant.

If you are tested positive for coronavirus → Call your midwife or gynecologist and ask them for further instructions.



Test your knowledge:

