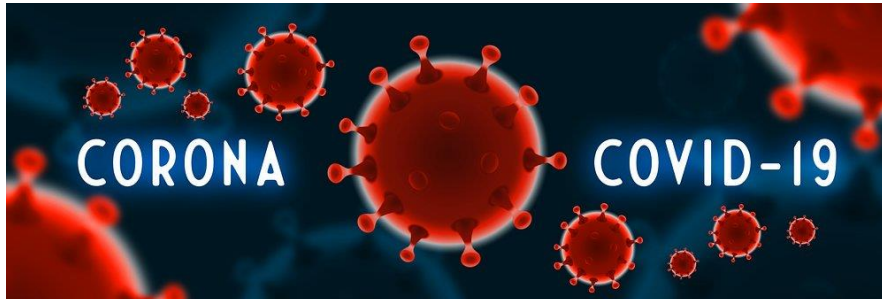


## Pregnancy and Covid-19



### **- Are pregnant women more at risk from the corona virus than others?**

Currently there is no evidence that pregnant women are more at risk from the corona virus than the general population. It is expected that the vast majority of pregnant women will have only mild or moderate symptoms, similar to a cold or flu. More severe symptoms such as pneumonia currently affect the elderly, immunocompromised people (i.e. people with weakened immune systems) or people with pre-existing conditions such as diabetes, high blood pressure, etc. If a heart or lung disease already existed before pregnancy, complications are more likely to occur.

### **- What can I do as a pregnant woman to reduce my risk of infection?**

The most important measure that applies to the entire population and of course also to pregnant women is to wash your hands properly and often enough. It is advisable to keep social contacts to a minimum and to avoid people who show cold symptoms or fever.

They should also avoid crowds, spend breaks alone and if possible send a family member to do the shopping.

### **- What can happen to my baby if I am diagnosed with an infection?**

Because it is a very new virus, science is just beginning to learn about it. There is currently no evidence of an increased risk of miscarriage. There is also no evidence that the virus can be transmitted to the baby during pregnancy.

At the moment it is very unlikely that the virus will cause abnormalities in the foetus. So far, only 20 pregnancies have been reported internationally, all of which took place in China. In no case was a newborn infected. No abnormalities have been reported in either the mother or the child.

### **- What if, as a pregnant woman, I had contact with a person who tested positive?**

A coronavirus infection manifests itself through flu-like symptoms such as dry cough, fever, cold and fatigue.

Furthermore, it can lead to breathing problems, neck scratches, headaches and aching limbs, nausea, diarrhoea and chills.

If you notice any of these symptoms, please call the Health Phone 1450, where you will receive further instructions. You should also contact your gynaecologist. First by telephone and he/she will discuss the further procedure with you.

The diagnosis will be made with a smear from the mouth and throat area.

### **- When do I have to put myself in isolation?**

If you have been in contact with someone suffering from a confirmed coronavirus infection and if you have visited a particular area or country that has been designated as a risk area.

Also, if you have symptoms that indicate corona virus infection and are waiting to be tested or awaiting your results.

And if you have tested positive for the coronavirus and it was recommended that you recuperate at home.

Pregnant women who have been advised to isolate themselves should stay indoors and avoid contact with others for 14 days.

- You should not use public transport
- Stay at home and do not allow visits
- Ventilate the rooms in which they are located
- Separate yourself from other people in the household as much as possible by using your own towels, dishes and utensils and eating at different times
- Ask friends and family or use delivery services to do errands for you. The handover should then take place without direct contact.

### **- Can I still keep my prenatal appointments if I am in isolation?**

You should discuss this with your gynaecologist. You should inform him/her that you are currently in self-isolation for a possible or confirmed coronavirus infection. It is likely that routine prenatal appointments will be delayed until the isolation ends without harm to you or your child.

**- What can I do if I feel unwell or am worried about my baby during self-isolation?**

Your attending gynaecologist and the responsible public health department should work with you to determine in advance how to proceed in the event of an emergency or if your condition deteriorates beyond normal reach. The procedure should include the hospital, the documents to be carried and the appropriate means of transport to the hospital.

**- Can I stay with my baby after birth if I test positive for coronavirus?**

Yes, if that is your wish. Provided your baby is well and does not need to be cared for in the neonatal unit. There should be a discussion about the risks and benefits between you, your family and the doctors who are looking after your baby. This recommendation may change as knowledge about the new virus develops.

Sources:

<https://www.bundesgesundheitsministerium.de/coronavirus.html>

<https://www.ages.at/themen/krankheitserreger/coronavirus/>

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Corona hotline