

INFORMATION FOR PREGANT WOMEN ABOUT THE INFECTION BY COVID19:

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The virus SARS-CoV-2 is causing a sickness, called COVID-19, considered a pandemic by the OMS from 11th March, 2020



It is normal that pregnant women show a higher level of stress and preoccupation towards this sickness due to its gravity, in some cases, and to the fear of how can it affect them, to the fetuses and the newborns.

We summarize the data we have right now, after revising protocols and consensual documents from reliable sources.

Is it more severe the COVID-19 infection on pregnant women?

The infection by coronavirus is not more severe on pregnant women than on the general population and it has not been proved to date that there is transmission to the fetus.

The general prevention rules are the same than for the general population.

General prevention rules:

- Stay at home and avoid contact with other people.
- Reduce hospital visits to the minimum. You will be called from the responsible of your medical appointments, in order to adjust them as nicely as possible and to substitute some of them by phone calls. If you end up going, it should be alone, and wearing a mask.
- In case of unavoidable relationships with other people, keep the recommended minimum distance of 2 meters.
 - Wash your hands frequently with water and soap. An alcoholic solution will be used only if you do not have soap at that moment. [Link video](#)
- If you cough, do it towards your elbow, never facing forwards. That is the moment that viruses can be dispersed as an aerosol. [Link video](#)

What should I do if I present symptoms?

- The most frequent symptoms are fever, coughing and muscular pain.
- You must call to your community phone number. If you are on Madrid, the phone number is 900102112.
- Most of the time is treated in a mild way, and only requires staying at



Ilustración de Mónica Lalanda

home isolated for 14 days. Measuring your temperature regularly, drinking plenty of liquids. If you have fever, you will take Paracetamol 650 mg every 8 hours, oral way. This analgesic is given without the need of a medical prescription.

- You must ventilate the house well, keep a safety distance of 2 meters with your cohabitants, do not share cutlery, towels or plates. Cough or sneeze on a

disposable tissue or towards your elbow. If you have more than one toilet, use one of them exclusively for you. If you only have one toilet, it must be sanitized with bleach or ammonia, never both products simultaneously. If you do not have a mask, keep yourself isolated on a room and do not share any space with your cohabitants.

- Remove all your trinkets, watches and earrings.
- All objects you touch must remain isolated. Your clothes will be washed on a second washing machine, at a temperature above 60°C.
- If you also show any symptom associated with pregnancy like contractions, loss of amniotic fluid, bleeding, diminishing of fetal movements, you must go to URGENCIAS DE MOTENPRINCIPE, reporting in advance that you show respiratory symptoms and wearing a mask.

- You must go to the hospital's emergency department if you have fever ($\geq 38^{\circ}\text{C}$) that does not disappear with Paracetamol, feelings of asphyxia or difficulty to breathe.

Is there a higher risk of developing a serious sickness due to pregnancy?

Despite the low experience, there is not a higher risk of grave sickness on pregnant women compared with the general population.

Does the COVID-19 infection affect the fetus?

To date, even with the few cases that exist, the infection does not produce fetal malformations.

It looks like there is not mother-son transmission through the placenta. On what has been published recently there has been no detection of the virus in the placenta, in the amniotic fluid, or in the umbilical cord.

If I am healthy, what can change when I go into labor?

- An adequate and specific protocol has been developed looking for the highest safety for you and your newborn. Going from the process of acceptance for stay to the assistance on the dilatation and the birth.
- Due to safety precautions, visits are limited on medical centers. You may have a companion, but it will be the same all the time during all your stay.
- Depending on the clinical situation at the time, your companion may stay or not during the delivery process.
- As long as you stay in the hospital, you will wear a surgical mask. Remember that there are asymptomatic patients with COVID-19 that can infect other people. During labor all medical personnel will be less than 2 meters away from you. This is the reason.
- Epidural anesthesia may be used.
- Lactation can be initiated in a normal early way.
- We work so that you feel comfortable and accepted, but this situation of sanitary emergency is going to restrict social and familiar activity that surrounds births, in a normal period of time.

Place your trust in the medical personnel, our objective is health of both mother and newborn, and we will offer you the maximum care possible.

If I show COVID-19, what is going to happen giving birth?

- An adequate and specific protocol has been developed looking for the highest safety for you and your son. You will be informed about it the moment you are diagnosed.
- The delivery way will depend on the mother's and fetal situation.
- If the mother is seriously sick and an urgent conclusion is required, the fastest way tends to be a Caesarean section. This does not differ from other maternal conditions. It is not something exceptional.
- An early epidural anesthesia is recommended in order to avoid a general anesthesia, in case an urgency takes place.
- An early clamping of the umbilical cord will be performed.
- Skin to skin is not allowed.
- Collecting blood from the umbilical cord is not allowed.
- Being accompanied during dilation or delivery is not allowed. It is not allowed on the following stay either. Isolation measures must be adopted towards all the patients infected with COVID-19 .
- The medical personnel that will assist you will wear special protection suits that may seem very spectacular, but remember that under that suit there is a person that is a professional and vocational of caring.
- Regarding the newborn and lactation, the neonatology team will speak with you to explain you the last recommendations in that regard. Frequent changes are occurring in them.