

RISK FACTORS

Certain risk factors tend to increase the risk of complications during COVID-19 such as:

- Diabetes
- Hypertension
- Asthma
- HIV

UNDERSTANDING COVID AND PREGNANCY

- Pregnant women are not at higher risk of contracting COVID 19 than anyone else.
- Most Pregnant women will be asymptomatic or have mild disease, but their health may deteriorate rapidly and that might affect the foetal outcome.
- Over 95% of newborns of severe acute respiratory syndrome coronavirus 2(SARS-CoV-2) positive mothers have been in good condition at birth

EFFECTS OF COVID ON MENTAL HEALTH

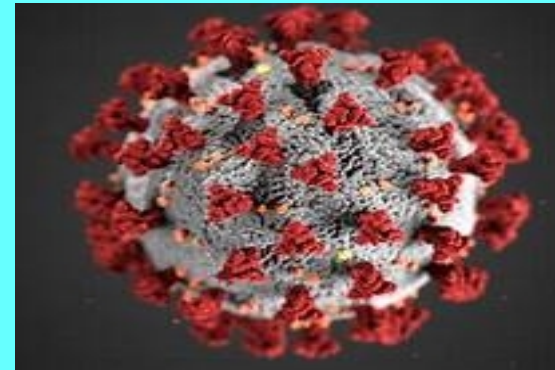
Increase anxiety, psychological distress & sleeplessness due to:

- ✓ isolation & lockdown
- ✓ contracting infection
- ✓ possible effect on the baby
- ✓ Stigma due to COVID-19



How to reduce Mental Stress?

- 1) Continue your accustomed work.
- 2) Practice yoga, meditation and stay positive.
- 3) Engage in recreational activities.
- 4) Share your feelings with others.
- 5) Take adequate rest.
- 6) Maintain good work life balance.



As a frontline health functionary:

- ✓ Check for signs of COVID 19 (fever, cough, difficulty in breathing etc) and if needed immediately refer for COVID testing.
- ✓ Support pregnant women to receive regular 4 antenatal check-ups
- ✓ Ensure additional ANC visit in case of any danger signs
- ✓ Deliver all essential medicines such as IFA, Calcium, ORS, Zinc, contraceptives at home
- ✓ Educate the assigned caregiver/ pregnant woman regarding COVID and pregnancy danger signs/symptoms/complications of pregnancy
- ✓ Ask the pregnant women to inform about decreased or no foetal movement
- ✓ In case of presence of warning signs, arrange teleconsultation/ phone call with CHO/MO
- ✓ Follow up with Pregnant women who missed due date of ANC visit by more than 3 weeks
- ✓ For birth planning, prepare a list of healthy birth companions
- ✓ Arrange for referral transport with support from VHSNC/MAS/JAS
- ✓ Ensure immunization as per schedule

Educate pregnant women to practice COVID-19 appropriate behaviour



Wear face mask. Avoid touching your face, nose, eyes & mouth



Cover your cough or sneeze with a flexed elbow



Clean your hands often. Wash with soap and water for 40 sec or use an alcohol-based sanitizer

Maintain physical distancing. Avoid social gatherings and time spent in crowded places

Care of Pregnant women suspected with COVID

- ✓ Delay by 14 days ANC visit of pregnant women staying in a household of COVID positive,
- ✓ Isolate the pregnant women and provide necessary care till the test results are received.
- ✓ Treat pregnant mothers with symptoms as suspected case of COVID-19 even if the previous test is negative
- ✓ Follow up daily through home visit or telephone all suspected pregnant women, for timely identification of warning signs & appropriate referral

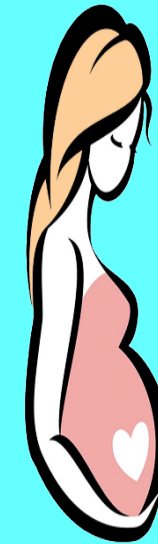
Care of Pregnant women infected with COVID

- ✓ Maintain a line list of COVID positive pregnant women.
- ✓ Follow up daily through home visit or telephone all suspected pregnant mothers for timely identification of warning signs & appropriate referral
- ✓ Educate pregnant women to strictly follow home isolation as per guidelines.
- ✓ Opt for telephonic consultation & defer the in-person ANC visit for atleast 14 days if COVID positive Pregnant Women having no or mild symptoms.
- ✓ For safe institutional delivery, identify the nearest health facility, preferably a tertiary health care facility to manage possible complications.
- ✓ Carry Mother and Child Protection card (MCP) to ensure smooth admission and maternity benefits

Remember:

Before, during and after birth, all women and newborns are entitled to high quality care with or without COVID-19

All women, are entitled to a safe and positive childbirth experience, whether or not they have a confirmed COVID-19 infection



- Antenatal Care
- Early Essential Newborn Care
- Kangaroo Mother Care
- Immunization
- Postnatal Care
- Mental Health

- Respect and dignity
- Companion of choice
- Clear communication by maternity staff
- Pain relief strategies
- Mobility in labour where possible and birth position of choice

WOMEN WITH COVID-19 CAN BREASTFEED

REMEMBER TO:

1. Wear mask and practice respiratory hygiene and
2. Wash hands with soap and water before and after touching the baby
3. Routinely clean and disinfect surfaces



