

KNOW

What is the novel coronavirus?

Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases. The novel coronavirus is a new strain, not previously identified in humans. COVID-19 is the infectious disease caused by the latest discovered coronavirus (SARS-CoV-2).

How does the virus spread?

People can catch COVID-19 from others who have the virus through inhaling small droplets from people with COVID-19 who cough or sneeze or through touching contaminated surfaces.

What are the symptoms?

Many people who become infected experience mild illness and recover, but it can be more severe for others.

The symptoms include a combination of:

- Fever
- Cough
- Difficulty breathing
- Muscle pain
- Tiredness

Are pregnant women more at risk than others? Can the virus be transmitted to the baby?

Pregnant women are not more at risk of catching COVID-19 or suffering from the more severe disease than other adults of similar age.

There is no evidence that the virus can be transmitted to the unborn child during pregnancy, or during childbirth.

Babies and young children are known to only experience mild forms of COVID-19.

What do you do if you fall ill?

If you become ill with symptoms of cough, fever and difficulty breathing:

- Stay home and call your local health care services for advice.
- Mention that you are pregnant.

If you are found ill with COVID-19:

- Call your midwife or antenatal care provider and inform them about your illness.
- Request instructions on how to proceed with antenatal care appointments and delivery plans during the course of your illness.



Insert national link here

www.ecdc.europa.eu/en/novel-coronavirus-china

KNOW, PREPARE, PROTECT

Information on COVID-19 for pregnant women

NATIONAL INFORMATION ON COVID-19

[National information]

[National number +xx xxx xxx xxx]

For further information:

[national website]

www.ecdc.europa.eu/en/novel-coronavirus-china

PREPARE

What to do if are a pregnant women?

How can you prepare yourself

- Educate yourself on COVID-19 from trusted sources.
- Keep physically active to ensure good physical condition.
- Discuss your concerns about COVID-19 with your antenatal care provider.
- Call your antenatal care provider to ask for specific indications on how to proceed with antenatal appointments and your delivery plan, including in case you become ill with COVID-19.
- Have over-the-counter medicines and medical supplies (e.g. tissues, thermometer) to treat fever. If taking any prescription medicines, refill them, or consider using a mail order for your medications.
- Have enough groceries and household items, approximately 2-4 weeks. Prepare gradually and avoid panic buying.
- Activate your social network. Contact family, friends, neighbours or community health care workers in advance and make joint plans on what to do when COVID-19 is spreading in your community or if you become ill.
- Follow instructions from national authorities on how to prepare for emergencies.
- Continue to practice general hygiene.

PROTECT

How can you protect yourself and others



Clean your hands often. Wash your hands with soap and water or, if not available, use an alcohol-based hand sanitizer:

- Before eating, after using the toilet;
- After blowing your nose, coughing or sneezing;
- After having been in public places;
- After having touched surfaces in public places;
- After having touched other people.



Avoid contact with sick people, in particular those with a cough.



Avoid touching your face, nose and eyes.



Avoid meetings, events and other social gatherings in areas with ongoing community transmission.



Practice social distancing if COVID-19 is spreading in your community:

- Avoid crowds, especially in confined and poorly ventilated spaces.
- Do your grocery shopping at off-peak hours.
- Avoid using public transport during rush hours.
- Exercise outdoors instead of indoor settings.



If you develop cough, once COVID-19 is spreading in your community, use medical facemasks. This will protect those around you from getting infected.