CORONAVIRUS and Pregnancy

If they get coronavirus, pregnant women often a mild illness. that they do not transmit to their babies during pregnancy or birth.However, pregnant women need to take care to protect themselves from getting the virus, especially during the third trimester when there is a higher risk for complications.

Protect yourself!

WASH YOUR HANDS OFTEN

Wash your hands for at least 20 seconds using soap and water. If that isn't possible, use a hand disinfectant with at least 60% alcohol.



COUGH AND SNEEZE INTO **YOUR ELBOW OR A TISSUE**

Dispose of the tissue immediately. and wash or disinfect your hands.

AVOID CROWDS

Spend time outside, but keep your distance from people who are not part of your household.

Avoid crowds and remember - you can catch coronavirus from people with no symptoms.

PROTECT YOUR HEALTH

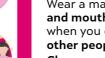
Eat well – lots of vegetables and foods rich in vitamins and minerals are good for you. Be active - regular outdoor



activities like walking improve your health. Lower stress levels – avoid stressful

situations and rest regularly.

Attend prenatal appointments regularly - follow the advice you get from your doctors and midwives.



MASKS LOWER THE RISK OF SPREADING CORONAVIRUS

Wear a mask covering your nose and mouth inside, but also outside when you cannot be 2 metres from other people.

#SafeDuri

Change your mask regularly,

especially when it is damp. An effective cloth mask has three layers.

Wash cloth masks every day in hot water (at least 60°C).

IF YOU HAVE SYMPTOMS OF **CORONAVIRUS** (temperature,

cough, difficulty breathing, loss of sense of taste or smell). call vour general practitioner.

The information in this infographic reflect professional guidelines valid in October 2020.



