

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**.

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 your general practitioner**.

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