Protection for Pregnant Women against CORONA VIRUS (COVID 19)

Key Messages for Pregnant Women

Currently it is not known if pregnant women have higher risk of CORONA virus infection, but it is very important for you to protect yourself by:

- **WASHING** your hands frequently with an alcohol-based handrub or soap and water
- **KEEPING** space of more than 1 meter between yourselves and others
- **AVOIDING** touching your eyes, nose and mouth
- **COVERING** your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately

Attend your routine antenatal care appointments

If you have fever, cough or difficulty in breathing:

- Seek medical care early
- Your health provider may ask you to get testing done on priority basis
- If you have CORONA infection, you may need specialized care