

## Frequently Asked Questions – COVID 19 in pregnancy

### **What should I do if I have had close contact with someone who has COVID-19?**

Please stay at home, put on a mask if you have one and call your Primary Care for next steps. If you do not have a Primary Care, please contact your local Health Department or the CareConnectNow of AAMC at 443 951-4270.

### **Can I travel by plane?**

The CDC recommends postponing all non-essential travel, especially higher risk population to include individuals >60 years old and/or individuals with a compromised immune system.

### **How can pregnant women protect themselves from getting COVID-19?**

Pregnant women should do the same things as the general public to avoid infection; cover your cough, avoid people who are sick, clean hands often with soap and water or an alcohol based hand sanitizer

### **I am pregnant; can I get a note to work from home?**

We can provide you with a note stating that if it is reasonable and feasible, you can work from home, though it is not medically necessary.

### **Should I cancel my routine OB visit?**

*If patient has a negative screen (no illness, no recent travel or exposure):* We are not advising patients to cancel their routine obstetric visits at this time. We are taking extra precautions at the office to ensure a safe, clean environment for all.

### **What do I do if I have symptoms of the COVID-19? (Cough, fever, or SOB)**

We recommend that you call your PCP and they can decide if an evaluation by PCP, Urgent Care, or ER if needed. They will then direct you as needed to a site for COVID-19 testing case by case.

### **How is this going to effect my baby if I get COVID-19 during pregnancy or after delivery as a newborn?**

It is currently uncertain as to the exact effects on babies in utero as well as newborns since this is a new and evolving virus. We will be treating pregnant women as needed with the same care we are of the regular population. Babies will be closely monitored before & after birth for any concerns.

### **If I acquire COVID-19, what are the best remedies to help my symptoms?**

We recommend alternating Tylenol and Motrin (or Advil) as directed on the bottle for fever or body aches; lots hydration with water or electrolyte drinks such as Pedialyte; plenty of rest; for a sore throat we recommend soft or liquid foods for nourishment and to soothe the throat. We also recommend lozenges or gargling with warm salt water for a sore throat. You should go to the Emergency Room if you have trouble breathing or high fever over 103.5 for further evaluation and treatment.

For updated information, please refer to the CDC website:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

