

What pregnant women should know about novel coronavirus (COVID-19)

Dr. Neil Silverman, clinical professor of OB/GYN in the division of Maternal-Fetal Medicine at UCLA Health, offers tips for pregnant women on how to stay healthy amid the coronavirus outbreak.

How does the coronavirus affect pregnant women?

- In general, pregnant women are at higher risk for complications from some viral respiratory infections (i.e. influenza) because their immune defenses are modestly lowered by the physiologic changes associated with being pregnant.
- We currently do not enough information regarding CoVID-19 in pregnancy, and there is no reason for pregnant women to be panicked.

What can pregnant women do to prevent contracting CoVID-19? **Take the same precautions as everyone else.**

- **Wash your hands** thoroughly and often, and those of your children and family members.
- **Avoid contact** with people who are sick, especially if those potential contacts have traveled to areas where coronavirus infections have been reported
- **Avoid non-essential travel, especially by airplanes.** The risk with air travel, in particular, has to do with duration of exposure. If you're seated next to someone who is coughing, you likely can't move seats and you can't get off of the plane.
- It's **not necessary** for pregnant women to:
 - wear a mask (unless they are feeling ill)
 - stay indoors, or
 - avoid public spaces.

What do I do if I have symptoms?

- Mild respiratory symptoms (cough, fever, etc.) wouldn't be a reason to be overly concerned
- If you develop these symptoms **and** have been in contact with people who have been **diagnosed with coronavirus infection or traveled to areas** where coronavirus outbreaks have occurred, please contact your health provider for further guidance.