



FREQUENTLY ASKED QUESTIONS

QUESTION:

I AM PREGNANT. AM I MORE LIKELY TO GET COVID-19?

ANSWER:

From what doctors know at the moment, it does not seem that pregnant women are more likely to get COVID-19 than other people. But, during pregnancy the immune system changes, so (when lockdown is over) pregnant women should take extra care to not go to crowded places and limit the use of public transport, wash their hands often with soap and water and avoid touching their face.

QUESTION:

SHOULD I STILL BE ATTENDING MY ANTENATAL CLINIC VISITS DURING THE COVID-19 EPIDEMIC?

ANSWER:

Yes, it is important that pregnant women continue to attend their routine antenatal visits to make sure that mom and baby's health is checked and any other health problems are well managed. When attending health facilities, mothers should be extra careful to take all the usual precautions: hand washing or using hand sanitiser before and after going in to the health facility, avoid touching their face and coughing or sneezing into a tissue or their elbow.

QUESTION:

CAN COVID-19 BE TRANSMITTED THROUGH BREASTMILK?

ANSWER:

From what doctors know at the moment, COVID-19 is not passed on through breastmilk. The benefits of breastfeeding are much bigger than the possible risks and new mothers are encouraged to exclusively breastfeed for the first six months of their child's life and as long as they can after the six baby is six months. Breastfeeding may protect the baby from getting sick with the COVID virus.





QUESTION:

I HAVE BEEN IN CONTACT WITH SOMEONE WHO HAS A POSITIVE COVID-19 DIAGNOSIS BUT NO SYMPTOMS, CAN I CONTINUE TO BREASTFEED?

ANSWER:

Yes, if you have suspected or confirmed COVID-19 you can continue to breastfeed but must be extra careful about washing your hands with soap and water before and after holding your baby, cover your mouth with a tissue when coughing or sneezing and regularly clean and disinfect any surfaces that you and the baby touches.

QUESTION:

I AM PREGNANT AND HAVE BEEN IN CONTACT WITH SOMEONE WHO HAS A POSITIVE COVID-19 DIAGNOSES. I HAVE NO SYMPTOMS, BUT I AM WORRIED SOMETHING MIGHT HAPPEN TO MY BABY. WHAT SHOULD I DO?

ANSWER:

From what doctors know at the moment, COVID-19 does not seem to make it more likely that you can have a miscarriage or that the baby will be born early. Make sure to keep yourself healthy by being extra careful. Wash your hands with soap and water often, do not touch your face. For when the lockdown is over, limit the use of public transport and places where people crowd together. If you do develop symptoms like a dry cough, fever and sore throat, shortness of breath, contact your healthcare practitioner or call the 24-hour COVID-19 helpline on 0800 029 999.





QUESTION:

I HAVE RECEIVED A POSITIVE COVID-19 DIAGNOSIS AND AM PREGNANT. IS MY BABY AT RISK TOO?

ANSWER:

From what doctors know at the moment, COVID-19 is not spread from the mother to the baby during pregnancy. But, if you are worried, do ask your healthcare provider . Look out for danger signs in pregnancy such as bleeding, waters breaking before getting contractions, no movements from baby for 4 hours or more, severe pain in your lower belly, fits and fast or difficulty in breathing. If you have any of these, speak to your healthcare provider urgently.

SOURCES FOR ANSWERS:

- WHO Clinical management of severe acute respiratory infection (SARI) when COVID-19 disease is suspected-Interim guidance 13 March 2020
- Royal College of Obstetricians & Gynaecologists- Corona Virus (COVID-19) infection in pregnancy v. 18 March 2020

For more info and helplines visit www.sidebyside.co.za

