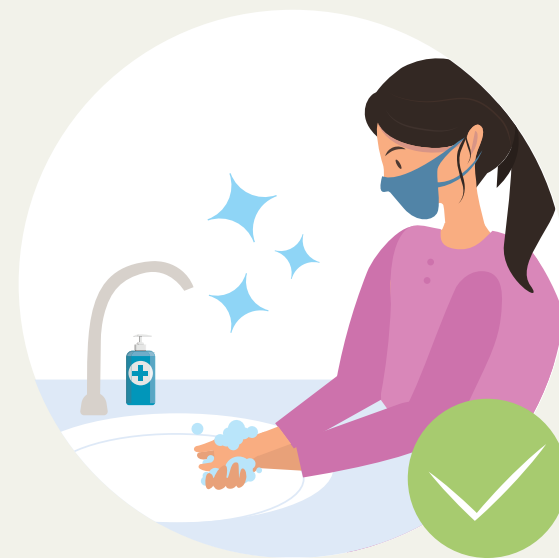


PREGNANT WOMEN SHOULD CONTINUE THEIR ROUTINE ANTENATAL CARE VISITS AND CAN STILL GIVE BIRTH IN A HEALTH FACILITY DURING THE COVID-19 PANDEMIC

If you are pregnant:



Follow all the instructions of your maternity care provider, and decide with them if some antenatal care visits can be done remotely, through video or a phone call



Make sure you use face masks, keep your distance from others and wash hands frequently during and after your visit to the health facility.



If you have a fever, cough or difficulty breathing, talk to your healthcare provider immediately and follow medical advice



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IF YOU ARE PREGNANT AND ACCESS TO HEALTH FACILITIES IS LIMITED:

Ask your healthcare provider to explain the danger signs, so that you know when to seek in-person health care; Seek immediate health assistance if you experience:



Changes in or a lack of your baby's movements



Severe headaches or a headache that lasts for a few days with blurred vision



Severe abdominal pain or regular contractions before 37 weeks



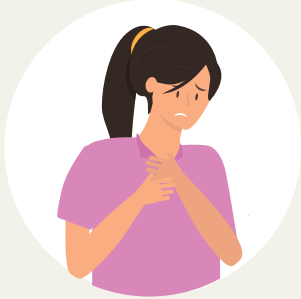
A lot of swelling in your face, hands, ankles or feet



Vaginal bleeding or leaking fluid from vagina before 37 weeks



Convulsions/ fits



Fast or difficult breathing



If you experience any of these signs go to your nearest health centre as soon as possible



High blood pressure






Fever or are too weak to get out of bed



A lot of nausea and vomiting



If you have a fever, cough or difficulty breathing, talk to your healthcare provider immediately and follow medical advice

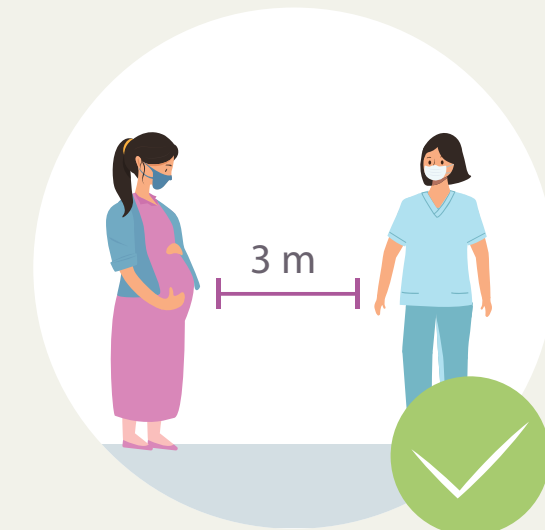
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IF YOU DEVELOP RESPIRATORY OR COVID-19 LIKE SYMPTOMS SUCH AS A COUGH AND FEVER WHILE PREGNANT, INFORM YOUR HEALTH CARE PROVIDER IMMEDIATELY AND FOLLOW THEIR ADVICE REGARDING FURTHER CARE:

If they recommend that you attend the facility for care:



Avoid using public transport and call for private transport or an ambulance in an emergency situation, informing the driver of your symptoms



Avoid contact with other patients and their attendants and wait for the advice of health staff



Practice respiratory hygiene, use a mask or cover your nose and mouth while interacting with the vehicle or ambulance driver and staff at hospital



If you have an obstetric emergency (labour pains/problems such as bleeding or convulsions etc.), immediately inform the health staff



If you have a fever, cough or difficulty breathing, talk to your healthcare provider immediately and follow medical advice



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WOMEN SHOULD BE ENCOURAGED TO DELIVER THEIR BABY IN HOSPITALS OR HEALTH FACILITIES, AS THIS IS SAFER FOR BOTH THE MOTHER AND BABY



If you are in early labour, or your water breaks, call your maternity healthcare provider for advice and inform them of any respiratory or other COVID-19 related symptoms, so they can assist you in planning further care or potential referral



When arriving at the health care facility, even if you have COVID-19 related symptoms you should be treated and not turned away, although you may need to give birth in a special unit



If you have a fever, cough or difficulty breathing, talk to your healthcare provider immediately and follow medical advice

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ALL WOMEN MAINTAIN THEIR RIGHT TO BE TREATED WITH COMPASSION, DIGNITY AND RESPECT THROUGHOUT THEIR LABOUR AND BIRTH. EVERY WOMAN HAS THE RIGHT TO:



Receive accurate information and provide or refuse consent to certain delivery practices



Have her choices and decisions respected and upheld



Be offered the chance to move during labour and choose a preferred birth position



If you have a fever, cough or difficulty breathing, talk to your healthcare provider immediately and follow medical advice

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AFTER BIRTH, WOMEN SHOULD NOT BE SEPARATED FROM THEIR BABIES. REGARDLESS OF THEIR COVID-19 STATUS, ALL MOTHERS AND BABIES NEED SUPPORT TO:



Remain together



Establish immediate breastfeeding



Practice skin-to-skin contact or kangaroo mother care



If you have a fever, cough or difficulty breathing, talk to your healthcare provider immediately and follow medical advice



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AFTER BEING DISCHARGED FROM THE HOSPITAL, SOME POSTNATAL CARE VISITS CAN BE CONDUCTED THROUGH ALTERNATIVE METHODS, SUCH AS VIDEO OR PHONE CALLS



Discuss with your maternity care providers if you can have certain post-natal check ups remotely from home, and follow their medical advice



If you have a fever, cough or difficulty breathing, talk to your healthcare provider immediately and follow medical advice



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IF YOU ARE BREASTFEEDING AND YOU DEVELOP SYMPTOMS OF COVID-19, TAKE THE FOLLOWING PRECAUTIONS:



Wear a mask while handling your baby and breastfeeding



Keep all surfaces clean



Wash your hands before touching your baby



Inform your maternity care provider and follow their medical advice



If you have a fever, cough or difficulty breathing, talk to your healthcare provider immediately and follow medical advice

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