

Risk Factors and Recommendations: COVID-19 during Pregnancy

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INTRODUCTION

The coronavirus disease (COVID-19) is mainly caused due to the Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The content give up an idea of the Issues related to COVID-19 during pregnancy and delivery.

Risks during pregnancy in light of COVID-19

It is observed that the overall risk of COVID-19 to pregnant ladies is quite low. However, pregnant women who have symptoms of COVID-19, are more likely to develop respiratory complications which may requiring intensive care in comparison to those women who are not pregnant, as per the observation and research by Centres for Disease Control and Prevention. Pregnant ladies are likewise bound to be set on a ventilator. Additionally, pregnant ladies who are Black or Hispanic seem, to be disproportionately influenced by COVID-19.

It still remains unknown how frequently COVID-19 causes issues during pregnancy or influences the health of the child after birth. There have been few detailed issues, for example, premature birth, in babies born to moms who were found to be positive for COVID-19 during pregnancy. But these problems might have no relation with the mother's infection.

On the off chance that you have COVID-19 and are pregnant, your treatment will be planned for alleviating manifestations and may incorporate getting a lot of liquids and rest, also involving medication to diminish fever, relieve pain or decrease coughing. Maybe in case you're sick, you ought to be treated in the medical clinic.

Recommendations during labor and delivery

In the event that you are healthy as you approach the end of pregnancy, a few parts of your labor and deliver may continue as usual.

If you have an appointment for labor induction or a C-section, in that case you and your support person may be screened for COVID-19 symptoms 24 to 48 hours before arrival in hospital. You may be screened again before entering the labor and delivery unit. If there are any symptoms found for COVID-19 in that case induction or C-section might be rescheduled.

To ensure the health and safety of mother and child, a few facilities may confine the number of individuals you can have in the room during labour and delivery unit. Visits after delivery might be influenced as well. Likewise, during hospitalization you and your support person may be screened for symptoms each day. Your clinic stay will probably be shorter than schedule.

On the off chance that you have COVID-19 or are awaiting the test results because of symptoms, it's suggested during hospitalization after labor that you wear a face mask and should have clean hands while taking care of the infant. It is suggested that you should maintain a reasonable distance (6 feet's) from your child whenever the situation allows. At the point when these means are taken, the danger of an infant getting infected with the COVID-19 lowers. Exploration suggests that just about 2% to 5% of babies born to women with COVID-19 near to the hour of delivery test positive for the virus in the days after birth.

In any case, in the event that you are seriously ill with COVID-19, you should be temporarily isolated from your infant.

Precautions for pregnant ladies against coronavirus:

Here are a few moves you can make to forestall getting the malady during pregnancy:

- Wash your hands as often as possible. Hand cleanliness can truly shield you from exposure to COVID-19.
- Practice social distancing. Always maintain separation of at any rate 2 meters or 6 feet from others when you are in public place. Evade contact with others however much as could reasonably be expected.
- Take flu vaccination timely. In spite of the fact that flu vaccination doesn't shield you from exposure to COVID-19, it does makes a person less susceptible to influenza, which can cause difficulties during pregnancy.
- Use a tissue while coughing and sneezing, immediately discard the tissue after. Wash your hands directly after.
- Do not overlook any respiratory complications. If you build up a cough or any respiratory pain, don't stop for a second to call your doctor.

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- Go virtual; however much as could be expected, consider virtual meetings rather than direct pre-birth visits to gynaecologist. Attempt to limit or avoid spending time at the doctor's waiting room or hospital. Although some tests like ultrasound, blood tests, and foetal testing might require your direct presence at the hospitals.
- Work from home at whatever point conceivable.
- Stay safe. Manifestations, for example, high fever with or without persistent cough may show a potential coronavirus disease. Abstain from coming in close contact with anybody indicating these symptoms.