

## **Covid-19 Crisis - Advice to pregnant mothers by The Sri Lanka College of Obstetricians and Gynecologists**

The Sri Lanka College of Obstetricians and Gynecologists is concerned about the impact of the current situation due to spread of Covid-19 infection on the pregnant women.

The Sri Lanka College of Obstetricians and Gynecologists is working closely with the Ministry of Health to maintain the care for the pregnant mothers in the antenatal clinics and in the maternity wards with the objective of providing the best possible care and a safe child birth.

### **General advice**

SLCOG strongly advice the pregnant mothers to follow all precautions and advice given by the Ministry of Health to avoid exposure to the Covid-19 infection.

These are

- Avoid social gathering
- Avoid travelling
- Maintain Social distancing of at least 6 feet all the time
- Wear face masks if you are attending the hospital
- Avoid contaminating the hands with other surfaces and touching the nose and the mouth with contaminated hands.
- Frequently wash your hands with soap and water and when not available use a alcohol based sanitizer
- Take precautions when using common toilets and specially handling door knobs.
- Avoid going to Supermarkets, shops and other crowded places (Eg. Weddings)
- Keep your antenatal and other medical records separately without contaminating with other items
- Avoid public transport as much as possible and if you are using taxis take all precautions mentioned above. Make sure the driver does not have cough or fever before getting in.
- Avoid coming in to contact with people with cough or sneezing with or without fever
- Do not sneeze or cough in front of another person and if it happens use your elbow area to cover if you are not wearing a face mask.
- Inform the health staff if you are having any symptoms of fever, cold, cough or sore throat
- Reveal any exposure to an infected person or to a person who has returned from overseas within the last month. You will be isolated and further testing will be carried out if you are suspected having Covid-19 infection. You will be provided with the best possible care for the safety of you and the baby without any discrimination.

## **Ante natal Care**

### **Hospital antenatal clinics with specialized care (ANC)**

- Routine antenatal clinics will be conducted. However, priority will be given to high risk pregnant mothers and for routine follow up of pregnant mothers  $\geq 32$  weeks of POA.
- All high risk pregnant mothers referred by MOOH will be seen.
- An appointment system will be implemented to avoid overcrowding whenever possible. (e.g. 10 mothers per hour)
- Always maintain a distance of one meter from each other in the waiting area and in the clinic and follow all precautions mentioned above.
- Limit the number of accompanying adults to one person/ family member.
- All HIGH RISK patients with obstetric and medical complications are advised to attend the clinic regularly according to medical advice.
- Hospital staff will take necessary actions to keep you for very short stay in the clinic during this period
- Request for a date for the next appointment before you leave.
- If the pregnant mother is already under “home isolation” (for possible COVID-19 exposure), antenatal clinic visits will be re-arranged after the home isolation period (14 days) except in an emergency.
- For mothers who have recovered from COVID-19 infection, routine antenatal care will be provided after discharge from the hospital except in an emergency.

### **In Ward Care**

- All the maternity wards in the hospitals are functioning 24 hours without any disruption with the help of dedicated health staff
- If you have any warning signs of labour or other disease condition please come to the hospital as usual and the doctor will decide you on the management plan.
- Mothers with emergency situations are advised to come to the hospital without delay
- Routine admissions for delivery either vaginal or caesarean sections will be done as planned. You are requested to attend the hospital as planned.
- Maximum of one family member will be allowed to visit

PLEASE NOTE THAT THE HEALTH CARE WORKERS ARE WORKING DAY AND NIGHT WITHOUT A BREAK FOR YOUR SAFETY

YOUR CORPORATIONS IS MOST IMPORTANT TO PROVIDE SAFE HEATH CARE TO YOU AND THE OTHER PREGNANT MOTHERS.