

# COVID-19 Infection

## For those who are pregnant or hoping to be

Currently, there is relatively little information about the influence of COVID-19 in early or late pregnancy. However, there are increasing signs of possible increased risks for the mother-to-be and the child, especially in the third trimester of pregnancy.

**Pregnant women are now included in the at-risk group and the principle of increased caution now applies.** A severe case of COVID-19 can have unfavorable effects on pregnancy.

Studies conducted on small sample sizes show that pregnant women have a 5x higher risk of hospitalization and intensive care in the case of COVID-19 infections compared to non-pregnant women of the same age. Pregnant women also may be at an increased risk of a severe course, especially if they are over 35 years of age, obese and/or have high blood pressure.

For pregnant woman with COVID-19, the chances of a premature birth increase in the case of admission to an intensive care unit. In this case, a premature delivery would be necessary if the condition of the pregnant woman worsens.

Transmission of COVID-19 via the placenta is doubtful in the first trimester. However, there have been cases of transmission during the second and third trimester of pregnancy, albeit few. The course of an intrauterine infection is usually favorable in newborns. In the unborn child, damage to the placenta as a result of circulatory issues can lead to reduced growth.

A statement on the risk of miscarriages and malformations cannot be made with certainty, due to the limited amount of data, but these risks do not appear to have significantly increased so far.

### **Recommendations:**

Pregnant women and their partners should wear a mask in public spaces and strictly observe the recommended hygiene measures (frequent hand washing or hand disinfection). It is recommended to avoid shaking hands, frequented places and rush hours on public transport. They should as well keep a distance of more than 1.5 meters to other people.

A pregnant woman's employer is obliged to allow her to work from home. In the case of dangerous or arduous work, a risk assessment must be carried out by a professional in order to assess the dangers for the expecting mother and how to avoid them. The employer must implement the necessary protective measures.

If you have symptoms of COVID-19, we kindly ask that you do not come to our Praxis. Please inform us via telephone or e-mail in order to postpone your appointment and/or register you in the hospital. Without symptoms or contact with infected persons, pregnant women do not need to be tested for COVID-19.

In the case of active fertility therapy, the respective cycle must be terminated. The patient will bear the costs of more complex fertility therapies.

Please keep in mind that these recommendations can change at any time.

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