

I'M PREGNANT: HOW CAN I PROTECT MYSELF FROM COVID-19?



Wash hands frequently with soap and water



Avoid touching your eyes, nose and mouth



Stay at least 1 metre from others



Wear a face mask



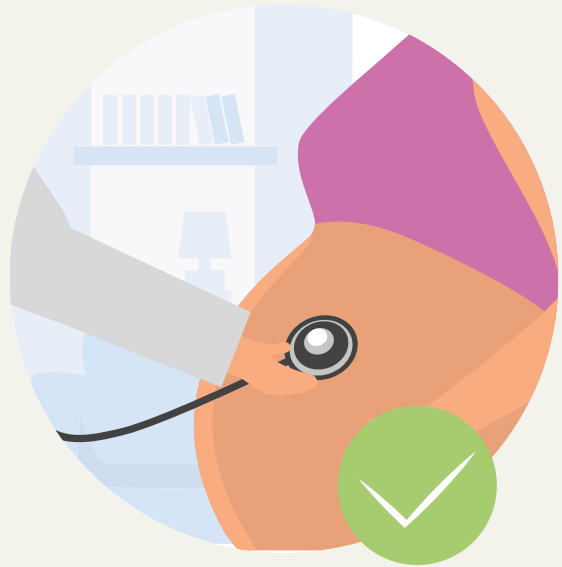
If you have a fever, cough or difficulty breathing, talk to your healthcare provider immediately and follow medical advice

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I'M PREGNANT: WHAT HEALTH CARE SHOULD I EXPECT DURING COVID-19?



At least four in-person visits during your pregnancy from your midwife or doctor, other visits can be done remotely



Respectful care during birth



Newborn care & postnatal care



Access to family planning counseling and other sexual and reproductive health services



Mental health care and support



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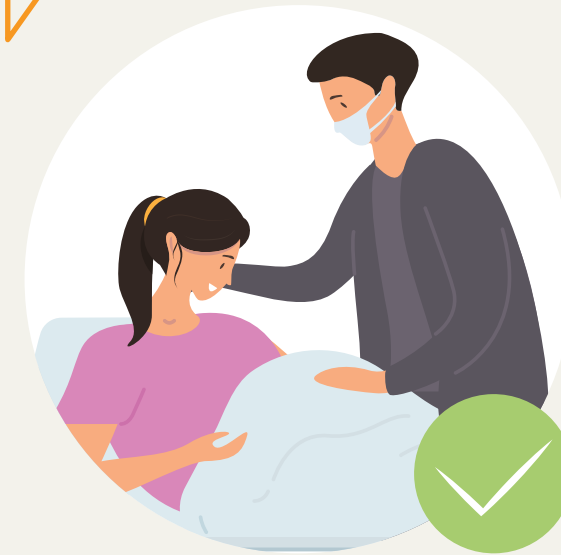
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I'M PREGNANT: WHAT AM I ENTITLED TO FROM MY HEALTH CARE PROVIDER WHEN I GIVE BIRTH AMID COVID-19?



Respect and dignity



Presence of a companion of choice



Clear communication by maternity staff



Availability of pain relief strategies



Mobility in labour where possible and birth position of choice



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I'M A NEW MUM: CAN I BE CLOSE TO MY BABY IF I HAVE COVID-19?

Yes - close contact helps your baby to thrive. You should be supported to:



Breastfeed early, exclusively and safely



Hold your newborn skin-to-skin



Share a room with your baby after birth



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



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I'M A NEW MUM: CAN I BREASTFEED IF I HAVE COVID-19?

Yes - early, exclusive breastfeeding helps your baby to thrive.



Wear a mask



Sneeze in your bent elbow or use a tissue to cover mouth and nose. Dispose of the tissue immediately after use



Wash hands before and after touching your baby



Routinely clean and disinfect surfaces



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

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ARE YOU A NEW MUM? HAVE YOU RECENTLY GIVEN BIRTH? DO YOU FEEL OVERWHELMED, ANXIOUS OR NOT ABLE TO CARE FOR YOUR BABY PROPERLY?

You are not alone...



Many women experience feelings of anxiety and depression after birth and more so during COVID-19



Do not be afraid to ask for help:

Talk to your healthcare provider about your feelings and ask for the support of family and friends



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



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ARE YOU STRUGGLING WITH ANXIETY AND LOW MOODS AFTER GIVING BIRTH?



Create a routine: write a to-do list, keep active and stick to a daily schedule



Maintain a healthy diet and stick to a sleep routine for you and your baby



Do some light exercise: go for a walk with your baby or with family and friends



Find activities or support groups that you can join



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IS CONSTANT NEWS ABOUT COVID-19 MAKING YOU ANXIOUS AND OVERWHELMED?

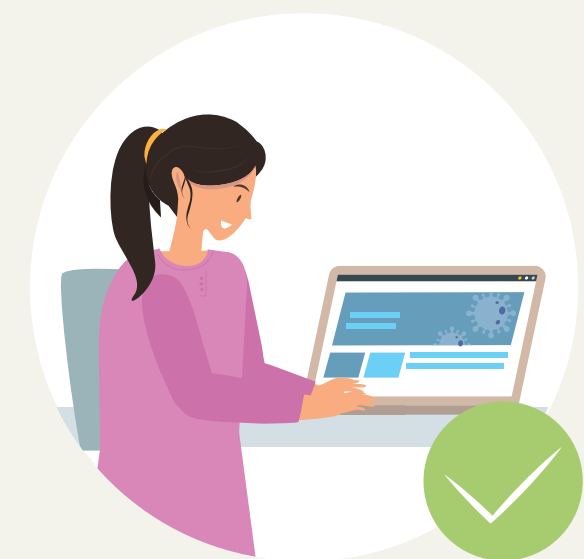
During this time try to:



Only access the information you and your family need to stay informed



Only access information from reliable sources



Limit your time on social media



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



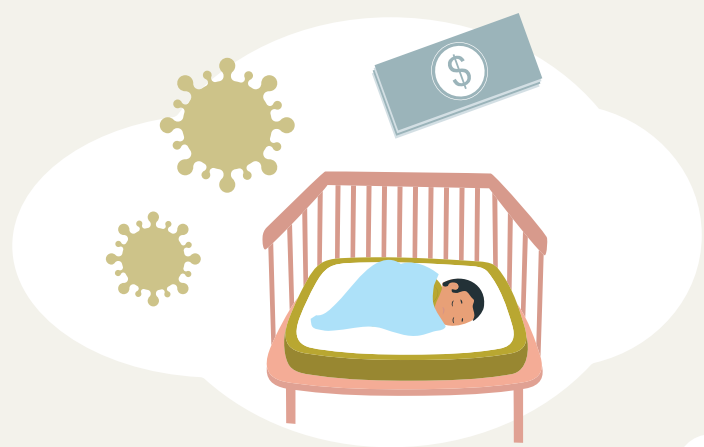
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IF YOU NEED HELP WITH YOUR MENTAL HEALTH RIGHT NOW, TRY NOT TO BE WORRIED OR AFRAID ABOUT ASKING FOR THAT SUPPORT



Talk to a health professional



Call the country-specific dedicated hotline



Visit the country-specific dedicated website



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



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