

I got pregnant, in this COVID pandemic, what should I do?

Quick COVID reference for Pregnant Women
Obstetrical and Gynaecological Society of Hong Kong
(update on 10 Mar 2022)



1. Am I at high-risk for Covid infection?

- The weaker immunity of the pregnant women has made you **more susceptible** to infection, including **Covid**.

2. What are the risks to the me if I have Covid infection?

- During Pregnancy you are at **higher risks of developing severe condition** such as pneumonia, requiring intubation for respiratory support and the need for intensive care unit admission

3. What are the risks to the my baby if I have Covid infection?

- When you have Covid infection, the risk of **preterm** birth increases by 2-fold and the extended **perinatal mortality** also increases by 50%

4. Usually what happen if pregnant women get Covid infection?

- Most pregnant women with Covid infection **fully recover** without much problem. It is however important to take **note of signs of deterioration** such as shortness of breath, chest pain, high fever and altered conscious state.

5. Is it safe for me to have Covid vaccine in pregnancy?

- Covid vaccine has been given to well over 100,000 pregnant women in the world. So far, it is not found to have increased pregnancy complications, miscarriages, preterm births or adverse effects in the fetuses.

6. What are the benefits of Covid vaccine for the pregnancy?

- Based on the recent data Covid vaccination in pregnancy can reduce Covid infection, related hospital admission, related admission to ICU, preterm rate and perinatal mortality.

7. Can the Covid vaccination in pregnancy protect my newborn?

- Recent data from 20 pediatric hospitals in USA showed that maternal Covid vaccination was associated with **reduced risk for COVID-associated hospitalization among infants aged <6 months**. Antibodies developed in the mother can pass to the fetus and newborns via placenta and breast milk respectively.

8. Should I receive booster dose during pregnancy?

- Non-pregnant data suggested that the booster dose can effectively reduce the risks of symptomatic infection and severe complications including mortality. It is recommended **pregnant women should have the booster** to maximise the protection.

9. Which part of the pregnancy are more vulnerable if I get Covid infection?

- The **3rd trimester** (28-40 weeks of gestation), associated with higher chance of pneumonia, ICU admission and mortality.
- It is therefore advised to have the **Covid vaccination prior to the 3rd trimester**.

10. Should the mode of delivery be different if a I have Covid infection at the time of labour?

- **In general, no difference.** The mode of delivery should depend on the obstetric indication as usual

11. Can I **breastfeed** if I have Covid infection?

- Yes, you can still have **direct breast feeding** as far as possible- best nutritional value & provision of antibodies to baby
- Mothers with active infection needs to **follow strict infection prevention measures** such as face mask & hand hygiene.
- If the mother cannot have direct breastfeeding, she can consider expressed breast milk for her baby.