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Pregnancy in the pandemic: What if i caught COVID

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COVID-19 first occurred at the end of December 2019 in downtown Wuhan, China. The corona virus disease, which causes pneumonia, was declared a highly contagious, global and urgent public health problem by the World Health Organization (WHO) on March 11, 2020. Most people infected with COVID-19 experience mild or moderate symptoms such as fever, fatigue, sore throat, cough, and shortness of breath. While COVID-19 can cause serious illness in the elderly, adults, adolescents, pregnant women and newborns can also be infected.

Pregnancy is a special condition that has significant effects on the biological systems of the female body. In particular, the immune system of pregnant women changes so that they can tolerate pregnancy. Pregnant women are more prone to respiratory tract infections due to some suppression of the maternal immune system during pregnancy, edema in the respiratory mucosa, elevation of the diaphragm, and high oxygen consumption, but when the current data are examined, there is no significant difference in clinical course of Covid-19 infection in pregnant women compared to the normal population. While increased maternal complications such as spontaneous abortions, premature rupture of membranes and preterm delivery may occur in those exposed to viral infection during pregnancy, the effects of COVID-19 are still not fully understood. Available evidence reports that the clinical features, diagnosis and prognosis of COVID-19 in pregnant women do not differ from the disease reported in the community.

Protection of pregnant women from COVID-19 infection is possible with the application of social protection methods. For this reason, it is recommended that pregnant women avoid unnecessary travel, crowded environments, public transport, contact with sick people, and apply and maintain personal and social hygiene rules. Pregnant women with symptoms of fever, cough, fatigue, myalgia, sore throat or shortness of breath should seek medical help without delay.

Biography

Zeynep Bal has a research assistant in midwifery from Inonu University. She is working as a fulltime research assistant at midwifery department in Inönü University faculty of Health Sciences.

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