



DEPARTMENT OF OBSTETRICS AND GYNAECOLOGY, PGIMER CHANDIGARH

ADVICE FOR PREGNANT WOMEN



1. Effect of pregnancy on COVID-19 and COVID-19 on pregnancy is still unclear. There is no specific proven treatment of COVID-19, thus prevention of infection is important.
2. Social distancing is the mainstay of prevention. Even your contacts including relatives staying with you should follow social distancing.
3. Non-essential travel should be avoided.
4. Routine antenatal visits should preferably be close to your residence.

5. Face mask should be used when traveling or when outdoors in community.
6. Visits are necessary/urgent when signs like bleeding per vaginum, leakage, decreased fetal movements, pain abdomen and high BP are present.
7. The routine antenatal clinic is running every day except Sundays in room no 2032 between 8 to 10 am.
8. Labor room is functional for 24 hours at PGI.
9. Patient and attendants must visit COVID-19 screening room of Nehru hospital before entering Gynae department.
10. If any symptom like fever, cough, breathlessness are present, you can report to a civil hospital or government dispensary near your residence at the earliest.