



Instructions for Pregnant Patients that Test Positive for COVID-19:

- Call the office to inform us of your positive status and any symptoms - the OB Coordinators will determine if you need any additional evaluation and assist with upcoming office appointments.
- Obtain an oxygen saturation (finger) monitor and regularly check your pulse ox - these can be purchased through Amazon or a local pharmacy such as CVS/Walgreens
 - a. Pregnant patients need to be kept at 95% or above.
- **Isolate at home** - Stay home unless you need medical care.
 - a. If possible, stay in a separate room and use a separate bathroom from others
 - b. If you must be around other people, wear a mask to cover your nose & mouth
 - c. Wash your hands frequently
 - d. Clean all "high touch" surfaces daily
 - e. Avoid sharing any household or personal hygiene items with others
- Rest and stay very well hydrated.
- Every hour when awake – take 10 deep breaths to open the lungs and walk around for a few minutes (this will decrease the risks of pneumonia and blood clots).
- **Patients should call their provider (or seek emergency medical care) if:**
 - a. worsening shortness of breath; fast breathing more than 20 breaths a minute, O₂ Sats <95% for 10 minutes
 - b. unremitting fever >102°F despite appropriate use of acetaminophen
 - c. inability to tolerate oral hydration and medications
 - d. persistent pleuritic chest pain
 - e. Confusion
 - f. obstetric complications (e.g., preterm contractions, vaginal bleeding, rupture of membranes)
 - g. Those in the third trimester (>28 weeks) should perform fetal kick counts and report decreased fetal movement – should have 10 movements in 1 hour twice a day

Medication Recommendation:

- **COUGH suppressants** – OTC lozenges, honey, Vicks/menthol vapo rubs, humidifiers. Prescription albuterol inhaler, dextromethorphan
- **Fever Reducers** – Tylenol 1000 mg every 6 hours
- **Aspirin** - 81 mg daily-to decrease blood clot risks
- **Vitamins:**
 - a. Continue to take a daily Prenatal vitamin with iron
 - b. Vitamin D 5,000 IU daily (Note: data is mixed on if this helps in treating COVID but additional Vitamin D has shown positive benefits for the developing baby)
 - c. Vitamin C 1,000 mg (preferably liposomal) 3x daily (Note: there is insufficient data to state that this improves COVID but there are no known associated risks in pregnancy)
 - d. Zinc 30-50 mg daily
 - e. AVOID MELATONIN IN PREGNANCY

LINKS: [Pregnancy | COVID-19 Treatment Guidelines \(nih.gov\)](#)
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>