Pregnant Women with COVID-19+ or PUI
(person under investigation)
General Guidelines for Community Providers in BC

Screening and testing as per Public
Health guidelines for patients in
community

Manage patient **at home** as per usual
non-pregnant practice unless needs
admission for medical or urgent
obstetrical issue
- utilize tele-health/virtual Health
- once patient is out of isolation
window, if patient is COVID19+ organize
monthly Obstetric growth/fluid scan

If pregnant woman is COVID19+/and
or a PUI notify the following:
- planned delivery hospital (in case
they show up in Triage/Labour)
- your local medical Health officer
- COVID 19+ Reproductive ID
Consultant at BC Women’s (604-875-
2161) for advice and
recommendations
Care for Covid-19+ or PUI Pregnant Patients in Community

Overall Principles:

- Antenatal patients with mild COVID 19+ symptoms should be kept at home in self-isolation when possible. Most women will only experience mild or moderate cold/flu-like symptoms.
- Care should be done by telephone or other virtual health options.
- Visitors should be kept to a minimum.
- Inform delivering hospital if Covid-19 positive pregnant woman in community.
- Consult Reproductive Infections Disease at BC Women’s Paging 604 875 2161 with a known COVID-19+ infection.
- COVID-19+ status in pregnancy alone is NOT a reason for admission to hospital. Need for higher level of care for respiratory condition or routine OB care for labour etc. are the only indications for admission. The majority of women can be managed in community.

Antenatal Patients

- Pregnant women should be advised NOT to come to hospital unless they are in need of urgent obstetric or medical care.
- All antenatal patients should be told that if they are concerned about symptoms or require urgent medical advice, they should contact their primary obstetrical care provider by phone.
- If women are advised to come to the hospital, they should be told to come by car (not to call EMS) and call the unit before entering the hospital and self-identify as being having COVID-19.
- When symptoms have settled for 14 days women should be offered an ultrasound.
- Any enhanced fetal surveillance for COVID-19+ cases is based on the clinical condition of the mother and should be done after consultation with the Reproductive ID Team at BC Women’s.
- Routine antepartum fetal surveillance of confirmed cases of COVID-19 should occur monthly and include fetal ultrasound assessment for growth and anatomy once patient is cleared from isolation.

Admission is only necessary when women meet criteria for admission for medical reasons:

- If admission for a pregnant patient they should be admitted on a medical unit unless delivery is anticipated.

Postpartum Care

- Keeping mother baby together is recommended.
- Mother to mask and utilize strict hand washing protocol for breastfeeding and skin to skin.
- Test infant for COVID-19.
- No isolation of infant from mother unless clinically indicated by disease severity.
- Ensure COVID19+ status relayed to Public Health Nurse via liaison form.
- Discharge mother and baby as soon mother is stable.
Follow-up for newborn after discharge home:

- Where appropriate, early discharge of the baby with a parent or caregiver, should be facilitated.
- Advice should be given to mother about self-isolation measures while at home until mother is completely asymptomatic
- Resources regarding virtual support groups should be provided to mother
- Follow-up by with a pediatrician or FP or MW should be arranged within 3-5 days of discharge
- Public health should be informed of babies born to COVID + mothers on discharge in order to follow-up with them in the community

If baby’s COVID-19 test is positive:

- If baby remains asymptomatic, they should self-isolate with mother or caregiver at home for 14 days or until mother is completely asymptomatic

Signs and symptoms to watch for in baby at home:

- Fever or low temperature  (<36.5 or > 37.5)
- Signs of respiratory distress
  - Respiratory rate >60
  - Nasal flaring
  - Chest retractions
  - Grunting
  - Changes in baby’s skin color to blue or gray
  - Cough
- Vomiting
- Diarrhea
- Poor feeding

Readmission to hospital

- If the baby develops any of these signs and/or symptoms at home, mothers or caregivers should phone 8-1-1 and let them know they are taking the babies into the hospital.

References: