

# Novel Coronavirus (COVID-19) Countermeasures

## ～For Pregnant Women～



### Effects of Infection on Pregnancy

At this time, coronavirus infection during the third trimester appears to have the same progression and severity as in non-pregnant women. There have been reports of fetal transmission abroad, but no cases of fetal abnormalities, stillbirth, or miscarriage. As a result, even in you are pregnant, excessive concern is unnecessary.

### Daily Preventive Measures

Generally, there is always as risk that pneumonia in pregnant women can worsen. Please continue to avoid crowds, wash your hands regularly, and take care of your general daily health.

Avoid places that break the “Three Cs”:

- ① closed spaces,
- ② crowded places,
- and ③ close-contact settings.

### Working

For working women, based on your physical condition, please consult with your company about measures like staggering commuting hours and teleworking.

**The Ministry of Health, Labour and Welfare is working to assure the peace of mind and safety of pregnant women.**

More information for pregnant women regarding standard precautions, prenatal check-ups, and instructions in case of fever is available on the back side. General coronavirus information, as well as more detailed information, is also available on the websites of the Ministry of Health, Labour and Welfare and related academic societies.

Ministry of Health, Labour and Welfare <New Coronavirus Q&A>

[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou\\_iryuu/dengue\\_fever\\_qa\\_00014.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/dengue_fever_qa_00014.html)

Japan Society for Infectious Diseases in Obstetrics and Gynecology (JSIDOG) <Information For Pregnant/ Women Expecting to Become Pregnant Concerning the Novel Coronavirus (COVID-19) (Updated based on the situation)> <http://jsidog.kenkyuukai.jp/information/> (Only available in Japanese)

※ Please note that this leaflet was constructed using information available as of April 1st, 2020. As the situation changes, updates will be made available.



## ◆Standard Precautions

■Please wash your hands with soap and water frequently. Also, avoid places that fall under the “Three C’s”: ① closed spaces with poor ventilation, ② crowded places, and ③ close-contact settings, especially those involving conversation or public speaking.

■If an individual at home is suspected to have contracted the virus, please avoid direct contacts by separating a room and not sharing items like towels and utensils.

## ◆In Case of Fever or Any Other Symptoms

■Pregnant women that have **relatively mild cold symptoms** ( fever or cough) should immediately call the consultation centers for people with potential exposure to COVID-19. PCR testing is also available at Prefecture Medical Association or local clinic at some prefecture. (Updated on May 8th)

### <Concerning Prenatal Check-Up>

■If you have been in close contact with someone infected with COVID-19, or if you suspect someone at home may be infected, prior to any prenatal check-ups, please call to consult your physician.

■If there is a chance that you have already been infected with COVID-19, please refrain from going to any prenatal check-ups immediately. Instead, first consult with the consultation centers for people with potential exposure to COVID-19. Afterwards, please consult with your physician.

### <Concerning Childbirth>

■Each prefecture is working to prepare an environment for calm and safe childbirths for pregnant women affected by COVID-19. If you have been infected, please contact your physician about your childbirth.

※ Further information for multilingual support call regarding coronavirus is posted on the website of SHARE.  
[https://share.or.jp/english/news/covid-19\\_information\\_for\\_foreigners\\_b#multi](https://share.or.jp/english/news/covid-19_information_for_foreigners_b#multi)

## ◆For Working Women

■Based on your physical condition, please consult with your employer about staggering commuting hours and teleworking, or salary considerations in the case of maternity leave.

※Request for Cooperation from the Ministry of Health, Labour and Welfare to Labour unions  
The Ministry of Health, Labour and Welfare has submitted a request for cooperation regarding the new coronavirus to various labour groups, such that pregnant workers are properly respected, and to prepare a system where pregnant women can take leave of absence with peace of mind.

※Further Q&A for working women regarding coronavirus is posted on the homepage.  
[https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou\\_iryuu/dengue\\_fever\\_qa\\_00018.html](https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/dengue_fever_qa_00018.html) (Machine translation system for English, Chinese and Korean is available)

- Paid leave and annual paid vacation per the Labour Standards Act.
- Flexible work options (teleworking, staggering commuting hours) to help prevent infection.
- In the case of emergency closures of day cares and schools, additional paid time off.

