

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

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 based on the current situation. As the situation changes, updates will be made available.



◆ New criteria for testing and consultation

- **Pregnant women who have relatively mild cold symptoms (such as fever or cough) should immediately call a consultation center for people with potential exposure to COVID-19.**
- When you visit a health facility, please ensure to wear a mask, wash your hands and follow cough etiquette (cover your mouth and nose with a tissue, or your sleeve when you cough or sneeze)
<https://www.mhlw.go.jp/content/000628620.pdf> (Only available in Japanese)



◆ Prefecture consultation centers for pregnant women

- **Consultation centers for pregnant women have been made accessible in every prefecture, city, and respective subareas.**
https://www.mhlw.go.jp/stf/newpage_11296.html (Only available in Japanese)
- ※Further information regarding COVID19 with multilingual support is available on the website of SHARE.
https://share.or.jp/english/news/covid-19_information_for_foreigners_b#multi



◆ 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.**

◆ For pregnant or actively nursing women who are working

- When a pregnant employee, with guidance from her medical doctor, expresses to her employer concerns over COVID19 related psychological and health and safety issues that may affect her and her unborn child's health, the employer shall take necessary measures (such as change of working hours and adjustment of workload) to ensure the welfare of the employee based on the health recommendations she received.
(Act on Securing, Etc., of Equal Opportunity and Treatment between Men and Women in Employment)
- ※The measure shall be implemented from May 7, 2020, until January 31, 2021.
- A pregnant or nursing employee has a right, even without the directions of a medical doctor, to request not to have her work overtime nor work on days off nor work at night. (Labour standard Act)
-----The leaflet for protecting the working pregnant woman is posted on the website.-----<https://www.mhlw.go.jp/content/11909000/000628247.pdf> (Only available in Japanese)
 - The Ministry of Health, Labour and Welfare has submitted a request for cooperation regarding the new coronavirus to various labour unions, such that pregnant workers are properly respected, and to prepare a system where pregnant women can take leave of absence with peace of mind.
https://www.mhlw.go.jp/stf/newpage_11067.html
(Machine translation system for English, Chinese and Korean is available)



◆ Video messages from experts

- Video messages from medical experts are available to pregnant women and those with young children.
https://www.mhlw.go.jp/stf/newpage_10996.html (Machine translation system is available on YouTube channel)

