Pregnant mothers and their newborns are considered vulnerable population during the COVID-19 (coronavirus disease 2019) pandemic. There are reports of adverse outcomes in pregnant women infected with SARS-CoV-2 (severe acute respiratory syndrome coronavirus 2), even some who were initially asymptomatic only to rapidly deteriorate, requiring intensive care unit admission.\(^1\)\(^-\)\(^5\) SARS-CoV-2 infection in pregnancy has other consequences, even if the mother remains asymptomatic or have mild disease.\(^6\)\(^-\)\(^7\) Pregnant women who test positive for SARS-CoV-2 require isolation and special care during labor, vaginal delivery, or cesarean.\(^8\)\(^-\)\(^10\) Visitors or support persons may not be allowed, and the mother may not be able to visit the nursery if the newborn requires additional care. All the necessary precautions put additional strain on the health care system and workers. Multiple health care workers are needed to safely perform delivery of a woman who tests positive, all of whom would be at risk of infection.\(^11\)

For prevention of infection, the Centers for Disease Control and Prevention (CDC) recommends avoiding close contact, washing the hands often, using a cloth cover over the mouth and nose when around others, covering coughs and sneezes, as well as cleaning and disinfecting frequently touched surfaces daily. Many pregnant women do not seem to be aware of the CDC recommendations or may not fully realize the consequences of infection.\(^1\)

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From April to early June 2020, multiple studies have published on the prevalence of asymptomatic infection among pregnant women admitted to labor and delivery, ranging from $1.5^{17}$ to $15\%$. \cite{18}

The CDC has proposed a set of generic guidelines to ensure the safety of pregnant mothers during the pandemic. These include general precautions such as physical distancing, hand washing, cleaning, and disinfection of the surrounding areas.

**Fig. 1** COVID-19 and pregnancy considerations: general guidelines for use of masks, physical distancing and avoiding crowds, hand hygiene, and antepartum care are shown. COVID-19, coronavirus disease 2019. Copyright © Satyan Lakshminrusimha. Readers are welcome to use this infographic as poster, slide, or brochure for patient, parent, and trainee education.
Specifically, the CDC encourages pregnant women to continue standard prenatal care and immunization procedures. Major professional organizations such as the American College of Obstetricians and Gynecologists (ACOG), Society of Maternal-Fetal Medicine (SMFM), and AAP have published pregnancy- and breastfeeding-specific information page to help patients. The ACOG and CDC recommend face coverings for pregnant women, especially in places where physical distancing is
harder to practice. Cloth masks are reasonable options for most pregnant women. Cloth masks are likely effective in preventing transmission from large droplets and keep the rates of community transmission down. The ACOG and SMFM propose telehealth appointments to replace some in-person visits to adapt to the social distancing guidelines. The guidelines from major governmental and professional organizations are in text form and difficult for patients and parents to understand and follow. Use of simple infographics is likely to enhance medical information for public consumption. We have summarized these guidelines in the form of two infographics (for pregnancy and care of newborn) in Supplementary Figs. S1 and S2 (available in the online version). We have also included these infographics in high-resolution files on the journal’s website. We anticipate that these infographics will be useful for display in clinician’s offices, delivery rooms, and/or nursery, and for creating informative brochures for patients/parents. We recommend that health care providers educate their patients about approaches to prevent infection with SARS-CoV-2 at the first prenatal visit and check at each visit whether the patient is following the recommendations. We need to better control the rates of infection in pregnant women before the anticipated second wave. Otherwise, the health care system in the prenatal clinics as well as the delivery and neonatal services are likely to be overwhelmed.

Conflict of Interest
None declared.

References