

## **COVID-19 INFORMATION FOR PATIENTS THAT ARE EITHER CURRENTLY PREGANT OR POST-PARTUM AND HAVE TESTED POSITIVE FOR COVID-19**

- **Treat symptoms with over-the-counter medications listed on “First Look in Pregnancy & PostPartum Care” handout. This handout is available on the office website under the forms section.**
- **The following supplements are recommended and are safe to take during pregnancy: Vitamin D 1000 IU daily, Vitamin C 1000mg twice daily & Zinc Sulfate 200mg daily for 5 days.**
- **If you develop any difficulty breathing, shortness of breath or if your O2 (oxygen) saturation goes below 92% go to the Emergency Department at Huntsville Women’s and Children’s (located on the 2nd floor at Huntsville Hospital for Women & Children) or to Crestwood Labor & Delivery for evaluation. You can purchase an O2 saturation monitor at your local pharmacy, or there are apps available for download on some smartphones.**
- **We are adhering to the current CDC guidelines for quarantine/isolation. If you have an upcoming appointment and are positive for Covid-19, or have Covid-19 like symptom, or a temperature greater than 100.0, please call the office (during normal phone hours), press 1 and speak with a receptionist for assistance.**
- **Due to the nature of the patients seen in our office, we ask that you do not enter the waiting room if any of the previously stated applies to you.**
- **Monoclonal antibody therapy is recommended, and safe during pregnancy, if you can find a facility with the capability to perform the infusion.**
- **If you are breastfeeding, please contact your baby's pediatrician for instructions and recommendations for treating symptoms related to Covid-19.**