



# Having a Baby (During Pandemic)



**P**regnancy alone is already a complicated condition. But with the COVID-19 pandemic, there are added precautions that expectant mothers add to their pregnancy experience such as the minimum health standard protocols to help shield them from the virus at home and work. Indeed, a woman in this challenging situation must maintain a delicate balance.



### WHO's Advice to Expectant Moms

The World Health Organization (WHO) has this important advice on pregnancy during the pandemic such as:

- Pregnant women must report possible symptoms (fever, cough, or difficulty in breathing) to their healthcare provider;
- Wash hands frequently with an alcohol-based hand rub or soap and water;
- Keep space between yourself and other people. Wear a non-medical, fabric mask if physical distancing is not possible. Avoid touching your eyes, nose, and mouth;
- If you have fever, cough, or difficulty breathing, seek medical care early. Call before going to a health facility, and follow the directions of your local health authority;
- It is still uncertain if a pregnant woman with COVID-19 can pass the virus to her fetus or baby during pregnancy or delivery. To date, the active virus has not been found in samples of fluid around the baby in the womb or breastmilk;
- Pregnant women or recently pregnant women who are older, overweight, and have pre-existing medical conditions like hypertension and diabetes seem to have an increased risk of developing severe COVID-19.

### Staying Active

The DILG GAD Bulletin asked a mother-to-be how she is dealing with pregnancy amid the pandemic.

Jenny is about four months pregnant as of this writing. She and her baby are okay, both testing negative for COVID-19. She continues to do her normal activities. *"I work as a college instructor during the day. For exercise, I walk, and I eat healthily. I take Vitamin C, Vitamin D3, Vitamin E, Zinc, and Jasmine tea instead of coffee. I make sure I get eight hours of sleep every night. Then I drive to work in the morning and teach for eight hours a day,"* she said.

*"I see my OB-Gyne regularly. She ordered lab tests and fetus vital exams and take a sample of the placenta to check for fetus chemistry. As far as we are concerned, no changes in the normal monitoring status. I just happened to be pregnant during the pandemic,"* she shares.

### From Pregnancy to Motherhood

Here in our DILG family, we chit-chatted with employee Leah who gave birth last October to a healthy baby boy.

*"After I learned that I was pregnant with my second child, I asked my OB-Gyne for advice because the lockdown and work from home arrangement have begun. My OB-Gyne advised me to be extra careful in every household chore and action I do and to do exercise and sit in the sunlight from 6 am- 8 am. I was prescribed multivitamins, meds for blood, and increasing lactation,"* she said.

As to how she managed to see her doctor amid the pandemic, she shared: *"I never left our house except during check-ups and other appointments. I always asked my husband to take me to the clinic and back. I always wore a face mask and a face shield, I brought my own alcohol and ballpen. Also, I observed physical distancing and avoided crowds."*

*"Two weeks before the expected day of delivery, I took the swab test. Luckily, the test was negative. On our second day at the hospital, I was allowed to see my baby but I had to wear a face mask, hospital gown, hospital cap and to sanitize before entering,"* she recounted.

Leah said that guests in the hospital are not allowed but to be able to share to the world her new bundle of joy, she posted photos of the baby on social media for her relatives and friends to see.

*"Nowadays, we don't take the baby outside except during check-ups with his pediatrician. I eat more food that increases milk supply because I have to continue breastfeeding him to assure that he gets nutrients that help fight bacteria and viruses,"* she said.

Jenny and Leah are indeed women who give justice to the theme of the National Women's Month Celebration this March 2021: **"Juana Laban sa Pandemya: Kaya!"**

**Edgardo Tugade**

### DILG-CO Quality Policy

We, the DILG-Central Office, imbued with the core values of Integrity, Commitment, Teamwork and Responsiveness, commit to formulate sound policies on strengthening local government capacities, performing oversight function over LGUs, and providing rewards and incentives. We pledge to provide effective technical and administrative services to promote excellence in local governance and enhance the service delivery of our Regional and Field Offices for the LGUs to become transparent, resilient, socially-protective and competitive, where people in the community live happily.

We commit to continually improve the effectiveness of our Quality Management System compliant with applicable statutory and regulatory requirements and international standards gearing towards organizational efficiency in pursuing our mandate and achieving our client's satisfaction.

We commit to consistently demonstrate a **"Matino, Mahusay at Maasahang Kagawaran Para sa Mapagkalinga at Maunlad na Pamahalaang Lokal"**.