

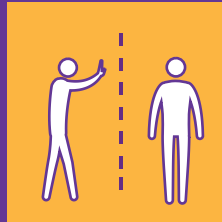


مستشفى الملك فيصل التخصصي ومركز الأبحاث
King Faisal Specialist Hospital & Research Centre
مؤسسة عامة Gen. Org.

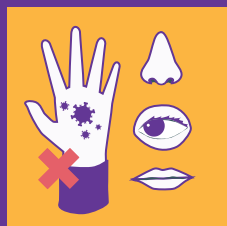
Advices for Pregnant Women During Coronavirus Disease Outbreak



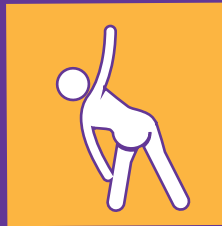
Clean hands using
soap and water or
alcohol sanitizer



Avoid crowds or direct
contact



Avoid touching eyes,
mouth or nose as
much as possible



Engage in physical activity
at home as per medical
advices



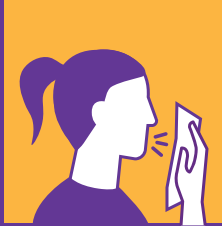
Sanitize used surfaces
like door handles



Communicate and follow
up with your primary
physician



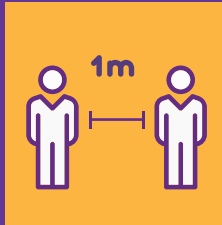
Follow recommended
diet



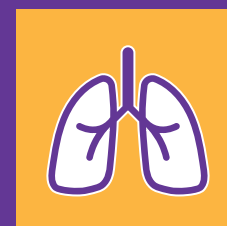
Adhere to cough and
sneeze etiquette



Stay at home unless
necessary



Stay at least 1 meter away
from people who are having
respiratory symptoms



Report to your doctor in case of developing any respiratory
symptoms or having been exposed to an infected or suspected
to be infected individual