As Naval Medical Center San Diego responds to the Novel Coronavirus 19 pandemic, we remain dedicated to providing the highest quality healthcare to our beneficiaries. The situation is rapidly changing, so we wanted to inform you on a few ways our services will be changing in light of the nation-wide social distancing and movement restriction efforts.

**COVID-19 and pregnancy:**
We do not currently know if pregnant women have a greater chance of getting sick from COVID-19 than the general public, nor whether they are more likely to have serious illness as a result. Pregnant women experience changes in their bodies that may increase their risk of some infections. With viruses from the same family as COVID-19, and other viral respiratory infections, such as influenza, women have had a higher risk of developing severe illness.

It is always important for pregnant women to protect themselves from illnesses. There may be some changes to our normal prenatal care routines in order to protect our patients from exposure. In line with community and government guidance, we will be using telehealth to monitor some pregnancy appointments.

If you feel ill, please stay at home and monitor yourself for fevers and symptoms of cough/shortness of breath. If you have been exposed to someone who is confirmed to have COVID, also stay at home and monitor yourself for the same. If your symptoms are mild, you do not need to come into the hospital.

If you do need to be seen, please call ahead at, (Clinic) 619-532-7082 or (Labor & Delivery) 619-532-8865, so we can direct your entry. Please call before making your way to the front desk of the clinic or triage on Labor and Delivery. These precautions are to minimize any exposure to other pregnant patients and babies. For the latest information on COVID-19 and pregnancy, visit the [CDC website](https://www.cdc.gov/coronavirus/2019-ncov/index.html).

Thank you for your understanding and support as we all work together in response to the COVID-19 pandemic.

**Other Information Resources**
NMCSD website: https://www.med.navy.mil/sites/nmcsd/Pages/default.aspx

Facebook: [https://www.facebook.com/NMCSD/](https://www.facebook.com/NMCSD/). Facebook Handle- NMCSD

Twitter Handle: NMC_SD

NMCSD Coronavirus Hotline: (619) 532-5358
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