

Useful pointers for parents during COVID-19

Prenatal consultations

It is indeed reassuring to see your doctor during pregnancy. Unfortunately, COVID 19 demands that we practice all tenets of social distancing without compromise. We will continue our support and advice through your pregnancy using different mediums, such as tele or video consultations. We urge you to stay active and eat healthy home-cooked food. Be physically active – clocking at least 8000 – 10000 steps a day. Yes, it is possible to exercise at home, and now our childbirth classes are available online to guide you as well.

We also urge you to indulge in activities that you enjoy – reading, writing, playing board games, watching movies or arts and crafts.

Try to be happy and stay positive during this time. Please feel free to let us know when you would like to see us, and we will be happy to arrange for a video consultation at the earliest.

Ultra-sound scans during pregnancy

With the advancement in technology, ultrasound is an integral component to enable effective pregnancy management, and it is reassuring to see your baby. Unfortunately, given the recent Government of India directive, curtailing people movement to help stop the spread of COVID-19, and for your safety, the ultrasound scans have been postponed until further notice. But, do remember, In the current scenario, the risk of contracting COVID 19 outweighs the benefit offered by an ultrasound scan

As a mother-to-be you are the only person who will INTUITIVELY know if something is not right. Your perception of your baby's movements is of prime importance. As long as you are happy with the movement of your baby in your womb, you and your baby are doing fine.

However, if you develop any signs or symptoms like bleeding, abdominal pain or are unhappy with the perception of your baby's movements- then please come to the hospital. An emergency scan, if needed, will be done.

Postnatal consultations

A postnatal consultation is gratifying for both the mother and the doctor who guided her through this amazing journey. However, we must practice all the tenets of social distancing to prevent the spread of the novel coronavirus – COVID 19.

Hence we will be offering tele and video consultations for all our postnatal mothers. We will be happy to address all your concerns during these consults to the best of our ability. It is vital for you to eat a healthy balanced diet, take plenty of oral fluids, stay physically active, breastfeed your baby on demand and try to rest when your baby is sleeping.

Vaccinations

Vaccinations are important for your child's overall health. However, we want to advise you that postponing a vaccination is less of a risk than coming into a hospital, where the potential of contacting an infection for you or your baby is far higher.

With the current spread of the virus now in the community phase, the chances of coming into contact with someone who is either already infected or asymptomatic, cannot be ruled out.

Moreover, with you and your baby both safely at home, without any external or physical contact, the chances of picking up any other communicable infection are minimal, in our opinion.

It is for these reasons alone that we have suspended our vaccination services. We only want you and your baby to be at minimal risk in the prevailing scenario.

So, please do NOT panic. Your child's vaccination will be administered as soon as the situation improves, and it is safe to come out again.

We are always available to assist you with any concerns or questions you have around your pregnancy or infant's health.

Our hospitals at Banjara Hills, Hyderguda and Bogulkunta are operational 24 x 7 for in-patient and emergency services.

Our helpline number is **040-40222397**.

You can also chat with us on either of our websites, between 8AM and 8PM, where our representative will try and answer any questions you have.

Do visit <https://www.fernandezhospital.com> or <https://storkhome.in>

Our dedicated team of specialists are available to address your concerns and alleviate anxiety via telephone or video call consultations

We thank you for your understanding and co-operation and please do all that is necessary to keep safe during this time.



If we must continue to stay together, we must now stay apart.

FERNANDEZ FOUNDATION strongly supports Physical Distancing to fight COVID-19