Suspected or Confirmed COVID-19 Infection in Pregnancy
Algorithm for OUTPATIENT settings

Aim: To determine which pregnant patients with suspected or confirmed COVID infection require inpatient management. This algorithm is based on the SMFM algorithm, and is not intended to replace normal obstetrical triage.

Assess Symptoms
Symptoms typically include fever ≥37.8°C or one or more of the following:
- Cough
- Difficulty breathing or shortness of breath
- Gastrointestinal symptoms
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

Conduct Illness Severity Assessment
- Difficulty completing a sentence without gasping for air or needing to stop to catch breath frequently when walking across the room
- Coughing more than 1 teaspoon of blood
- New pain or pressure in the chest other than pain with coughing
- Unable to keep liquids down
- Signs of dehydration such as dizziness when standing
- Less responsive than normal or does she become confused when talking to her
- Does she have decreased level of consciousness

Routine Prenatal Care
- Routine obstetric precautions
- Restart algorithm if symptoms present

Elevated Risk
- ADMIT and follow inpatient algorithm

Low Risk
- If suitable for phone follow-up, symptomatic care at home including hydration, antipyretics and rest
- Report if any symptoms
- Routine obstetric advice

Comorbidities
- Obesity (BMI>30)
- Hypertension
- Diabetes
- Serious pre-existing cardiac disease
- Reactive airway or chronic lung disease
- Immunosuppressed
- Immunosuppressive treatment
- Chronic liver or kidney disease
- Sickle cell disease
- Blood dyscrasia

Other Considerations
- Obstetric issues e.g. preterm labour
- Inability to care for self or arrange follow-up if necessary
- Mild to severe symptoms (cough, fatigue, diarrhoea, body pain)

Conduct Illness Severity Assessment
- Any comorbidities
- RR >20, O₂ sat ≤94% on room air
- Any other concerning vital signs

Baseline Investigations
- CBC, lys
- Lactate
- Venous Blood gas
- BUN, creatine

Routine Prenatal Care
- Restart algorithm if symptoms present

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