



COVID-19

Support during Pregnancy Loss



Coronavirus
COVID-19
Public Health
Advice

Pregnancy loss at any time is a difficult and painful experience.

In your grief, the social distancing requirements of COVID-19 management may further increase feelings of isolation. The following information may be a helpful support to you at this time.



Care

We continue to provide care for you, your pregnancy, your baby and family during these challenging times.



Talk: Reach out & Connect

Tell people you have had a loss. Use telephone contact to remain connected with family, friends, & healthcare professionals by phone, video & social media.



Self Care & Wellbeing

Remember the importance of rest, diet, exercise, sleep, grieving process & physical care.



Medical concerns

Please contact your GP or Maternity Healthcare Professional.



Supports

Further support and information is available from:

www.pregnancyandinfantloss.ie

www.corkmiscarriage.com



Wash your
hands



Cover mouth if
coughing or
sneezing



Avoid touching
your face



Keep surfaces
clean



Stop shaking
hands and
hugging



Keep a safe
distance

Visit **HSE.ie**

For updated factual information and advice

Or call 1850 24 1850



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