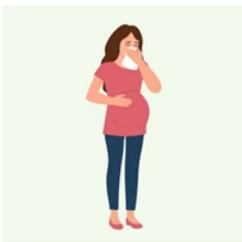


Respiratory Infections During Pregnancy

Influenza

Influenza is a contagious respiratory illness caused by a virus. Serious outcomes of flu infection can be hospitalization or death.

- Fever (varies per person) or chills
- Cough and sore throat
- Nasal congestion
- Muscle aches
- Headache
- Fatigue (tiredness)



Mycoplasma

Mycoplasma infection is caused by the bacteria *Mycoplasma pneumoniae*. This is a common illness that can cause a respiratory infection (such as a cold) or a severe type of pneumonia, called atypical pneumonia.

- Dry cough
- Sore throat
- Fever
- Headache
- Chills
- Chest pain
- Excessive sweating



Coronavirus

Coronaviruses are a large family of viruses that can cause various conditions, from the common cold to more serious diseases, including bronchitis, pneumonia, or cardiopulmonary problems that could cause death.

- Fever
- Cough
- Tiredness
- Loss of taste or smell
- Sore throat
- Shortness of breath
- Dolor muscular
- Diarrhea
- Headache
- Red or irritated eyes
- Chest pain



What are the symptoms?

How to prevent them?

Influenza

- Getting vaccinated.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- When coughing or sneezing, cover your mouth and nose with your bent elbow or a tissue. Throw it immediately into the trash can and wash your hands.
- Avoiding contact with sick people.
- Staying home when sick.
- Cleaning and disinfecting surfaces regularly.

Mycoplasma

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- When coughing or sneezing, cover your mouth and nose with your bent elbow or a tissue. Throw it immediately into the trash can and wash your hands.
- Avoiding contact with sick people.
- Staying home when sick.
- Cleaning and disinfecting surfaces regularly.

Coronavirus

- Getting vaccinated.
- Keep at least 3 feet away from people.
- Wearing a mask
- When coughing or sneezing, cover your mouth and nose with your bent elbow or a tissue and throw it immediately into the trash can.
- Washing hands and using alcohol or an antibacterial liquid.
- If you are sick, stay home and isolate until you recover.

References

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Social and Emotional Aspect

For tips, tools, and resources about how you and your family can cope with the emotional and physical concerns that arise during any illness, contact your primary care physician or call the following phone lines:

Medical Advice Line
1-844-347-7801
TTY/TDD 1-844-347-7804
APS Health 787-641-9133