



Challenges and Safety Solutions for Pregnant Women in Mass Gatherings

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Dear Editor,

In today's world, the safety of pregnant women in mass gatherings has emerged as a pressing issue in public health and human rights, attracting the attention of experts, officials, and social activists alike (1). This matter not only affects the physical and psychological well-being of mothers, but also has implications for the future of infants and families (2). One of the primary challenges is the lack of awareness and proper education (3). Many pregnant women do not know how to protect themselves in mass gatherings or what actions they can take to mitigate risks. Insufficient information about emergency management, maintaining safe distances, using protective gear such as masks and gloves, and recognizing warning signs can lead to serious incidents (4). Another major challenge relates to inadequate security and service infrastructure (5). Frequently, venues hosting large-scale gatherings lack essential facilities to support pregnant women, such as properly equipped emergency units, adequate rest areas, hygienic facilities, and ready medical teams. These deficiencies can intensify health complications during such events (4). Psychological concerns also play a critical role in the safety of pregnant women (3). Anxiety stemming from being in large crowds may place considerable mental stress on mothers, which can adversely affect fetal health (2). Fears of disease transmission or sudden accidents only amplify feelings of insecurity (5). Alongside these challenges, several actionable strategies can significantly contribute to improving the safety of pregnant women:

(1) Education and public awareness: Organizing workshops and educational campaigns for expectant mothers on self-care during mass gatherings (2). These should include guidance on social distancing, proper use of protective gear, identifying warning signs, and contacting emergency services (1).

(2) Infrastructure development: Equipping event venues with essential support facilities for pregnant women, including emergency medical stations, designated resting areas, and necessary medical equipment. Specialized obstetric and emergency medical teams should also be present and active (3-5).

(3) Inter-agency collaboration: Enhancing coordination between relevant bodies such as the Ministry of Health, municipalities, and security agencies to plan effectively for crowd management and emergency response services (1, 3, 5).

(4) Technology integration: Utilizing mobile applications or SMS alert systems to quickly inform pregnant attendees about health updates or safety notifications; securely storing medical information to aid prompt intervention in emergencies (3-5).

(5) Psychological support: Providing free counseling services before and after attending gatherings to reduce anxiety; fostering psychologically safe environments where mothers feel more secure (1, 6).

Given the significance of pregnant women's safety in mass gatherings — and the far-reaching effects on their physical and mental health, as well as infant outcomes — addressing these challenges and offering sound solutions is both urgent and necessary. The lack of awareness, insufficient infrastructure, and

psychological vulnerabilities are key obstacles that must be tackled through comprehensive planning and multi-agency cooperation. Strengthening education, expanding support systems, leveraging modern technologies, and delivering mental health services can collectively reduce risks and enhance the sense of security for expecting mothers. Ultimately, attending to these issues not only safeguards maternal health but also upholds human rights and promotes public well-being.

Footnotes

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