

Preparing for COVID-19 when you are pregnant



Preparing for COVID-19 in your household while pregnant. Is your household ready?

Everyone in your household will need to isolate

- No visitors.
- Stay at home.
- Ask friends, whānau or neighbours for help with grocery shopping or use contactless delivery.

Don't share towels, clothes, toothbrushes or razors with other family members.

Prepare

- Make a list of people/whānau who can help with shopping or buying medicines.
- Make a household isolation plan

You may want to have some extra supplies of: food that keeps well (rice/pasta/tins), medicines, baby/pēpi food, nappies, sanitary items or pet food.

Have a plan

- If someone in your home has COVID-19 symptoms call Healthline on 0800 358 5453 (free).
- If you are pregnant and test positive for COVID-19, contact your midwife.
- For advice or if your symptoms worsen, call your midwife, doctor or in an emergency 111

Find resources and further information Scan the QR code, or go to:



General Information

www.covid19.govt.nz



Covid-19 info for pregnancy and postnatal

www.health.govt.nz



Household Isolation plan

www.rph.org.nz
Covid-19 link

Hutt Maternity 0800 488 628

Wellington Maternity 0800 525 166

