

You're pregnant with COVID-19?



We're here to support you

During pregnancy, most people with COVID-19 will have a mild flu-like illness and it won't cause problems for you or your baby, especially if you have been vaccinated



I'm pregnant and isolating at home with COVID-19, what happens now?

- If you take a PCR test and have a positive result for COVID-19, you will be notified of your result by text message from the official 2328 number.
- If you take a rapid antigen test (RAT), and have a positive result for COVID-19 you will have your result immediately. If you did the RAT test yourself at home, you should record your result in My Covid Record. If you cannot do this, you can call 0800 222 478 for assistance. Once you have done this, you will receive a text message from the official 2328 number.
- Your follow-up text will include a link to an online form that you will need to fill out. This form will provide information to your health team about any health needs you may have, and to record that you are pregnant. Depending on your need, you may be given some equipment (such as a pulse oximeter) to help monitor your COVID-19 symptoms.
- Your midwife should have been told that you have Covid, but it is a good idea for you to contact your midwife and let them know.
- Unless you become very unwell, your midwife will continue to provide your pregnancy care. This may be by phone or video call
- Your midwife will refer you to a team at the hospital to get a plan for your care while you have COVID-19
- If you become very unwell with COVID-19 you will get extra care from the team at the hospital. This may mean that you are admitted to hospital

What are the symptoms of COVID-19?

Most people will have mild symptoms or no symptoms at all. When symptoms occur, they can include:

 Fever	 Chills or sweats	 Cough	 Feeling tired	 Headache
 Trouble breathing	 Muscle / joint pains	 Sore or scratchy throat	 Runny Nose	 Loss or change in sense of smell or taste
 Loss of appetite	 Vomiting	 Diarrhoea	For most people symptoms usually only last a few days. Unless your symptoms make you feel very ill you can usually stay at home and look after yourself	

Check and record your symptoms THREE times a day

Click on link for: **How to monitor your COVID-19 symptoms and when to seek medical advice**

Ministry of Health video [www.youtube.com/watch?v= ATKrLHfoyU](https://www.youtube.com/watch?v=ATKrLHfoyU)

	If you have no symptoms or your symptoms are mild continue to check THREE times a day	Call your GP or healthcare team	Call 111 for an ambulance	Call your midwife or Hutt Maternity Delivery Suite 0800 488 628 Wellington Maternity Birthing Suite 0800 525 166
Breathing	You should be breathing comfortably	If your breathing is becoming more difficult	If you have severe trouble breathing, or have severe chest pain	If you have: Tummy pain, cramps or contractions Vaginal bleeding Leaking of vaginal fluid If you are concerned that your baby's movements are less than usual Sudden puffiness in the face Ongoing headaches Blurred vision Pain under your ribs on right side Any other concerns about your pregnancy
Oxygen level <i>If you are given a pulse oximeter</i>	Your oxygen level should be between 95 - 100%	If your oxygen level is between 92-94% you need to be reviewed today.	If your oxygen level is below 92%	
Heart rate	Your heart rate should be less than or equal to 100 beats per minute	If your heart rate is 100-119 beats per minute	If your heart rate is above 120 beats per minute	
Temperature	Your temperature should be less than or equal to 38 degrees	If your temperature is greater than 38.5 degrees even if you have had Paracetamol		
Other symptoms		Your symptoms are getting worse You start getting better and then get worse You have symptoms of severe dehydration such as: <ul style="list-style-type: none"> • a very dry mouth • passing only a little urine (pee) • feeling very light-headed. 	If you are very confused or not thinking clearly If you feel faint or pass out (lose consciousness).	
Tracking diary	<p><i>Examples of a diary you can download or you can make as diary yourself</i></p> <p>My Oxygen, Pulse and Temperature diary - Health Navigator www.healthnavigator.org.nz/media/15256/14-covid-19_health_and_symptom_diary.pdf</p>			

What can I do to look after myself at home?

You can do simple things to help yourself



Soothing drinks (honey and lemon), warm tea, lemon in hot water for cough or sore throat



Cool showers, a fan, cool face washers for fever



Steamy showers for a blocked nose



Rest as much as possible but do some gentle walking around the house every 2-4 hours during the day



Drink lots of fluids (water, tea, juice, soups) but don't have too many sugary drinks



Paracetamol (also known as Panadol) is safe to take for fever, headaches or muscle aches. Be careful to follow the instructions on the packet

Do not take Ibuprofen, Nurofen or Brufen as this may harm your unborn baby. Many products may contain this (Maxigesic), so read all the contents before taking anything to help with colds, fevers and blocked noses

Check with your (LMC) midwife, family doctor or pharmacist before taking any medicine when pregnant, even if you have COVID-19.

After you have recovered

- After you have recovered from COVID-19 and have finished isolation, your midwife will continue to provide your regular check-ups, before and after your baby is born.
- If you had mild or no symptoms, your midwife will monitor your baby's growth and may suggest a scan at 37-38 weeks if concerned about growth.
- If you were very unwell with COVID-19 in pregnancy you may have a new plan of care until your baby is born. Your midwife will let you know about any changes in your pregnancy care.
- If you were hospitalised with COVID-19 the doctor may decide that an extra scan is required in pregnancy.

Vaccination after your recovery

- If you were not vaccinated before you caught COVID-19, you can have your first or second vaccination, or booster dose, four weeks after you have recovered.
- For useful information about vaccination during pregnancy and breastfeeding: www.health.govt.nz/covid-19-novel-coronavirus/covid-19-vaccines/covid-19-vaccine-pregnancy-and-breastfeeding

What happens if I need to have my baby while I am still in isolation?

- If you are expecting that your LMC midwife will care for you when you have your baby, please call your midwife before you go to the hospital.
- If you are expecting that a midwife from the hospital will care for you when you have your baby, please call before you go to the hospital:

Hutt Maternity Delivery Suite 0800 488 628

Wellington Maternity Birthing Suite 0800 525 166

- Remember to tell the midwife you and your support persons your COVID-19 status before you arrive at hospital, so that they can prepare for your arrival. They will wear protective clothing when your baby is being born to protect them, and other patients in hospital.
- You will be able to bring one support person with you when you are in labour. Your support person will need to wear a mask while in hospital.
- If you are both well, immediately after birth, you and your baby will stay together and can have skin to skin. A member of the neonatal team (baby doctor) will be available if your baby needs additional support.
- After you have had your baby, we will do our best to make sure a member of your whānau can be with you while you are in hospital.

Will my baby get COVID-19?

- If your baby catches COVID-19, it is likely that your baby will be mildly unwell or have no symptoms.
- To help protect your baby from catching COVID-19:
 - Make sure that you wash your hands with soap and water for 20 seconds before you touch your baby
 - Wear a mask when closer than 2 metres from your baby
 - Wear a mask for 10 days from when you started to have symptoms
- If you are worried that your baby is unwell, contact your midwife or family doctor for advice.
- For useful information about breastfeeding and caring for your newborn if you have COVID-19 see: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/pregnancy-breastfeeding.html#print

Can I breastfeed if I have COVID-19?

- Yes, breastfeeding your baby is recommended if you have COVID-19.
- There are antibodies in your breast milk that will protect your baby from COVID-19.
- You can get breastfeeding and infant feeding support from your midwife or see: Breastfed New Zealand www.breastfednz.co.nz or La Leche League New Zealand www.lalecheleague.org.nz
- For information about vaccination, pregnancy and breastfeeding, watch a short video at: www.youtube.com/watch?v=VJTJ_lm2Eok&t=100s

Feeling anxious and stressed about COVID-19?

- It is normal to feel anxious, upset, worried or stressed about COVID-19:
 - You can talk to your midwife, family doctor or health worker
 - If you feel very worried or upset and want to talk to someone you can call or text 1737 for free, anytime to speak to a trained counsellor
- To find some helpful resources to you look after your mental health if you have COVID-19 see: www.depression.org.nz/covid-19/covid-19/