

# You're pregnant and have COVID-19?

We're here to support you



## Patient Information – Maternity Services

*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 have self-tested at home using a RAT test please upload the result of this using this link: [How to report your RAT results](#). By doing this you let the community health team know that you have tested positive so they can then get in touch with you.  
If you are having trouble using My Covid Record, you can report the results of your RAT over the phone: [0800 222 478](#) and choose option 3.  
Your family doctor or health worker should call you within 24 hours of receiving your positive result. If they do not call you, call them. If you do not have a family doctor or health worker, please call Healthline [0800 358 5453](#).
- Your family doctor or health worker will ask you some questions and tell you what to look out for and how to look after yourself.
- Your family doctor or health worker may give you some equipment (such as a pulse oximeter) to help check your Covid symptoms.
- Contact your lead maternity carer (LMC) to let them know you have COVID-19.
- Unless you become very unwell, your LMC will continue to provide your pregnancy care. This may be by phone or video call.
- Your LMC will notify the team at the hospital that you have a COVID-19 infection to get a plan of care for you for your pregnancy if any changes are needed.
- If you become very unwell with COVID-19 you will get extra care from the team at the 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 (lethargy)



Headache



Muscle/joint pains



Sore or scratchy throat



Runny nose



Loss or change in sense of smell or taste



Trouble breathing



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.

## 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



Always check with your LMC, family doctor or health worker before taking any medicine when pregnant, even if you have COVID-19



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 (also known as Nurofen or Brufen) as this may harm your unborn baby. Many products may contain this, so read all the contents before taking anything sold to help with colds, fevers and blocked noses.

## Check and record your symptoms THREE times a day

Click on the link: [How to monitor your Covid symptoms and when to seek medical advice - Ministry of Health video](#)  
or copy and paste this link into your browser: <https://www.youtube.com/watch?v= ATKrLHfoyu>

	If you have no symptoms or your symptoms are mild continue to check <u>THREE</u> times a day	Call your GP or healthcare team	Call 111 for an ambulance	Call your LMC or the Birthing Suite (03) 364 4715
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 Waters leaking 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 rib on right side Any other concerns about your pregnancy
Oxygen level % (if you are given a pulse oximeter)	Your oxygen level should be 95-100%	If your oxygen level is 92-94%.	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 Your start getting better and then get worse You have symptoms of severe dehydration such as: <ul style="list-style-type: none"> <li>• a very dry mouth</li> <li>• passing only a little urine (pee)</li> <li>• feeling very light-headed.</li> </ul>	If you are very confused or not thinking clearly If you feel faint or pass out (lose consciousness).	
Some useful links	<b>Examples of diaries you can download or you can make as diary yourself</b> Click on the links or paste URL into your browser: <a href="#">My Oxygen, Pulse and Temperature diary - Health Navigator</a> <a href="https://www.healthnavigator.org.nz/media/15256/14-covid-19-health-and-symptom-diary.pdf">https://www.healthnavigator.org.nz/media/15256/14-covid-19-health-and-symptom-diary.pdf</a> <a href="#">My symptom diary - Health Navigator</a> <a href="https://www.healthnavigator.org.nz/media/15256/14-covid-19-health-and-symptom-diary.pdf">https://www.healthnavigator.org.nz/media/15256/14-covid-19-health-and-symptom-diary.pdf</a> <a href="https://www.healthnavigator.org.nz/media/15254/141-covid-19-symptom-diary.pdf">https://www.healthnavigator.org.nz/media/15254/141-covid-19-symptom-diary.pdf</a>		<b>Depending on your symptoms, you may be given a pulse oximeter</b> Click on the links or paste the URL into your browser: <a href="#">How to use a pulse oximeter video - Health Navigator</a> <a href="https://www.youtube.com/watch?v=SyhQrjYCOGs">https://www.youtube.com/watch?v=SyhQrjYCOGs</a> <a href="#">How to use a thermometer – Health Navigator</a> <a href="https://www.healthnavigator.org.nz/health-a-z/t/thermometers-how-to-use-them/">https://www.healthnavigator.org.nz/health-a-z/t/thermometers-how-to-use-them/</a>	

## After you have recovered

---

- After you have recovered from COVID-19 and have finished isolation your LMC will continue to provide your regular check-ups, before and after your baby is born.
- If you had mild or no symptoms you will continue to receive normal care from your LMC. For those identified as having additional risk factors you may be offered a baby wellbeing scan at around 37-38 weeks. Sometimes having COVID-19 can affect your baby's growth. It is important that you tell your LMC if your baby movements are reduced or if you have any other concerns.
- If you were unwell with COVID-19 during your pregnancy you will be recommended some additional scans and may have a new plan of care until your baby is born. Your LMC will let you know about any changes in your pregnancy care.
- It is important that you tell your LMC if your baby movements are reduced.

## 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.
- This is a useful link about vaccination during pregnancy and breastfeeding:  
<https://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?

---

- Your LMC will care for you when you have your baby, please call your LMC before you go to the hospital.
- You will be able to bring one support person with you when you are in labour or having your caesarean section.
- Make sure your support person does not have any Covid symptoms.
- Tell your support person that they will need to wear a mask.
- If you are both well, you and your baby will stay together and can have skin-to-skin.
- After you have had your baby, we will do our best to make sure a member of your whanāu 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, eg. when breastfeeding.
  - Wear a mask for 10 days from when you started to have symptoms.
- If you are worried that your baby is unwell contact your LMC or family doctor for advice.
- Click here or copy and paste into your browser to find some useful information about breastfeeding and caring for your newborn if you have COVID-19:  
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/pregnancy-breastfeeding.html#print>

## Can I breastfeed if I have COVID?

---

- Yes, breastfeeding your baby is recommended if you have COVID-19
- There are antibodies in your breastmilk that will protect your baby from COVID-19.
- You can get breastfeeding and infant feeding support from your LMC and [Canterbury Breastfeeding Advocacy Service \(canbreastfeed.co.nz\)](https://www.canbreastfeed.co.nz) or Te Rito Ora Te Rito Ora on 0800HelpBF (0800 435723)
- Click here or copy and paste the link into your browser to watch a short video about vaccination, pregnancy and breastfeeding: [https://www.youtube.com/watch?v=VJTJ\\_lm2Eok&t=100s](https://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 LMC, family doctor or health worker.
- If you feel very worried or upset and want to talk to someone you can call 0800 111 757 or text 4202 for free, anytime to speak to a trained counsellor.
- Click on the link or copy and paste into your browser to find some helpful resources to help you look after your mental health if you have COVID: <https://depression.org.nz/covid-19/covid-19/>

## Useful Canterbury Health phone numbers

---

Healthline – COVID-19	<a href="tel:08003585453">0800 358 5453</a>
Christchurch Women’s Hospital Birthing Suite	(03) 364 4715
Maternity Assessment unit (MAU)	(03) 378 6410
Maternity Outpatients	(03) 364 4454
Christchurch Women’s Hospital Maternity Ward	(03) 364 4724
Rangiora Maternity Unit	(03) 313 7299
Lincoln Maternity Unit	(03) 325 2802
Kaikōura Health (Te Hā o Te Ora)	(03) 319 3500
Ashburton Maternity Unit	(03) 307 8483
St. George’s Maternity Unit	(03) 375 6020
Plunket Line	0800 933 922
Healthline	0800 611 116
Emergency Care	111

*Reproduced with permission from Counties Manakau District Health Board*

For more information about:

hospital and specialist services, go to [www.cdhb.health.nz](http://www.cdhb.health.nz) | your health and medication, go to [www.healthinfo.org.nz](http://www.healthinfo.org.nz)