



COVID 19 Advice

General information and advice for all pregnant women during the coronavirus pandemic

Generally, pregnant women do not appear to be more likely to be seriously unwell than other healthy adults if they develop coronavirus. It is expected the large majority of pregnant women will experience only mild or moderate cold/flu like symptoms. Cough, fever, shortness of breath, headache and loss of sense of smell are other relevant symptoms.

Pregnant women concerned about exposure or symptoms indicating possible infection with COVID-19 should call NHS 111 or use the NHS's 111 tool. Pregnant women should not visit their GP practice or attend Emergency Departments in person

Women with symptoms suggestive of COVID-19 should be advised to self-isolate until advised otherwise. If you feel your symptoms are worsening or if you are not getting better you should contact Delivery Suite on 01793 604575, your GP, or use the NHS 111 online for further information and advice. In an emergency, call 999 and tell the operator of possible COVID-19 exposure.

Advice regarding self-isolation for women with possible or confirmed COVID-19.

Pregnant women who have been advised to self-isolate should stay indoors and avoid contact with others for 7 days. Public Health England currently provides guidance for:

- People who are advised to self-isolate
- People who live in the same accommodation as someone who is self-isolating



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For women who are advised to self-isolate, the guidance currently recommends to:

- Not go to school, work, NHS settings or public areas
- Not use public transport
- Stay at home
- Ventilate the rooms where they are by opening a window
- Separate themselves from other members of their household as far as possible, using their own towels, crockery and utensils and eating at different times
- Use friends, family or delivery services to run errands, in line with the current social distancing measures. Please advise them to leave items outside.

Pregnant women who have been advised to self-isolate should stay indoors and avoid contact with others for 7 days. If you live with other people, they should stay at home for at least 14 days, to avoid spreading the infection outside the home.

Contact your midwife or Antenatal Clinic to discuss attendance for routine antenatal appointments.

Pregnant women who are due to attend routine maternity appointments should contact us on 01793 604825 in office hours (08.00hrs – 20.00hrs) to inform them that they are currently in self-isolation for possible / confirmed COVID-19 and request advice on attendance.

Diagnosis of COVID-19

The process of COVID-19 diagnosis is changing rapidly. As of 28th April 2020 we are offering COVID 19 screening to all pregnant women who are admitted to the Maternity Unit, irrespective of whether they are symptomatic of COVID 19 or not.

At this time we are not routinely screening women who attend for an antenatal/postnatal check-up to our Day Assessment Unit or Delivery Suite, if patient is asymptomatic of COVID 19.

What should I do if I test positive for coronavirus and I am still pregnant?

If you test positive for coronavirus, your midwife or antenatal team will be aware of your diagnosis and will contact you if any changes are required to the care you receive. It is likely that routine antenatal appointments will be delayed until isolation ends. If you have confirmed coronavirus infection, as a precautionary approach, an ultrasound scan will be arranged at least two weeks after your recovery, to check that your baby is well.

If you have no symptoms, or mild symptoms, you will be advised to recover at home. If you have more severe symptoms, you might be treated in hospital.



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What should I do if I test positive for coronavirus and have recently given birth?

If available, you will be given your results before you are discharged from hospital but if you we receive your results when you have gone home, with your baby, one of our Midwives will contact you and discuss the next steps.

You will not be required to return to the hospital if you and your baby remain well, apart from for routine appointments.

Your Community Midwife will be informed of your result and any future postnatal appointments will be carried out in Delivery Suite by the Community Midwifery Team. You will be informed of dates and times to attend. (We do respectfully request that you attend alone for this appointment, your partner can escort you to the door of Delivery Suite and then can wait in the car or in the main entrance of the hospital)

At your first appointment you will be prescribed and given a 10 day supply of a blood thinning injection called Daltiparin and a pair of compression stockings. (You may already have been prescribed before discharge) Please try not worry, your Midwife will show you how to administer.

You should continue to perform good hand hygiene and you may be advised to wear a face mask, if you are or become symptomatic of COVID 19, when feeding your baby. Your Community Midwife will discuss this with you.

You will have been given contact numbers prior to discharge so if you have any concerns about yours or your baby's health you must contact us. In the event of an emergency please dial 999 and tell the operator that you have tested positive for COVID-19.

Here is the link to our "Going home from the Maternity Unit" video

<https://www.youtube.com/watch?v=mKT7f5FMHro&feature=youtu.be>



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We want to reassure you that our Maternity Services remain open, 24/7 and we urge you to contact us if you have any concerns at all during your pregnancy or following the birth of your baby.

Further advice can be found via the following links;

<https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/>

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

<https://www.gwh.nhs.uk/wards-and-services/a-to-z/maternity-services/>

From 1st January 2019 smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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