

PREGNANCY

We've gathered our knowledge from the experts.
We've collected recommendations from the leading experts and organisations
to provide you with what you need to know in one place



NO GREATER RISK OF GETTING IT

There is no evidence currently that you will be more likely to get Coronavirus than the general population.

YOU WILL BE LOOKED AFTER

If you do get Coronavirus, maternity teams are used to helping women who have viruses during pregnancy.

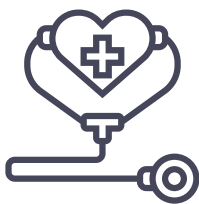


NO GREATER RISK OF BECOMING VERY POORLY

There is no current evidence that healthy pregnant women are more likely to have serious complications from the virus than any other healthy person.

REDUCE SOCIAL CONTACT

Healthy pregnant women are being advised that they should socially distance (i.e. reduce social contact) as they have been placed in the "vulnerable" category - this is precautionary as there is not enough information about the virus in pregnant women. If you have been told to self-isolate by your maternity team, then please follow this guidance.



GO TO YOUR APPOINTMENTS

You should still attend appointments if you do not have Coronavirus symptoms. Some appointments will probably take place over the telephone/video call. Your maternity team will let you know which ones.

KEEP WASHING YOUR HANDS!

An **important and simple step** to stop the infection from spreading to you and your household.

- Wash your hands with soap and water often - for **at least** 20 seconds,
- Use hand sanitiser gel if soap and water not available.
- Wash your hands when you get home.
- Cover your mouth and nose with a tissue if you sneeze or cough.
- Put used tissues in the bin immediately.
- Do not touch your eyes, nose, or mouth if your hands are not clean.

Last updated 3rd April 2020

BIRTH

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YOUR BIRTH CHOICES

Your maternity team will do everything they can to respect your birth choices, but will put your and your baby's safety first.

YOUR BIRTH PARTNER

You will be allowed to bring one birth partner with you, as long as they do not have any Coronavirus symptoms. This is the case in the vast majority of NHS Trusts. It is recommended that you have a second-choice birth partner in case your partner develops symptoms. It is very important that no birth partner goes to the maternity unit if they have had any symptoms of Coronavirus in the previous 7 days. This is to protect other mothers, babies, and NHS professionals.



YOUR TEAM MAY BE WEARING PROTECTIVE CLOTHING

Your team may be wearing protective clothing, including face masks – please do not let this alarm you. This is to protect them and you.

YOU AND YOUR BABY WILL BE MONITORED

If you have symptoms, you will probably be requested to birth in the hospital – your team will give you more information about local services. This is so that the baby's heart can be monitored, and that your oxygen levels can be monitored hourly. These measures are precautionary and can only take place in the hospital where both doctors and midwives are present.



YOU WILL STILL BE ABLE TO HAVE PAIN RELIEF

There is no evidence currently that you cannot use gas and air (Entonox) or have an epidural or spinal block during labour, and this is the same if you have Coronavirus symptoms.

DO YOU KNOW YOUR MATERNITY TEAM'S CONTACT DETAILS?

Ask your team for the emergency number to call if you don't have this already.

If you are worried about the health or safety of you or your baby, please do not hesitate to contact your maternity team – they will be happy to hear from you. If your baby's pattern of movements changes or reduces in number, please call and speak to a midwife promptly.

Last updated 3rd April 2020

AFTER YOU HAVE GIVEN BIRTH

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KEEP WASHING YOUR HANDS REGULARLY, WITH HOT WATER AND SOAP, FOR AT LEAST 20 SECONDS.



VISITING WILL HAVE TO WAIT

Visitor numbers in hospital may be restricted, and you will probably only be allowed to have your birth partner with you after you have given birth. This is to protect you, your baby, other families, and the team caring for you.

SKIN-TO-SKIN

If this is your choice, at this time you will still be able to practice skin-to-skin and stay with your baby provided that your baby is well and does not require any support from the neonatal care team. Your care team will advise you about risks and benefits if you do have Coronavirus symptoms.



FEEDING YOUR BABY

You will still be able to breastfeed your baby if this is your choice, as there is currently no evidence that breast milk can carry the virus. Although precautionary measures should be taken to reduce the risks of passing it on in other ways. It is recommended that you follow strict adherence to sterilisation guidelines if you are using a bottle. If you are expressing breast milk in hospital, a dedicated breast pump should be used.

SUPPORT AFTERWARDS

You should be contacted by your maternity team at day 1, day 5 and day 10 as a minimum. They will contact you more if you or your baby need extra support. Let them know if you feel unwell or are struggling.



MAINTAIN SOCIAL DISTANCING RULES

The recommendation once you have returned home is to maintain social distancing rules set out by the government. Please wait to introduce your baby to your family and friends in person.

FEEDING YOUR BABY - IMPORTANT STEPS

- Wash your hands before touching your baby, breast pump or bottles.
- Try to avoid coughing or sneezing on your baby while feeding from the bottle or breast.
- Consider wearing a face mask while feeding, if available.
- Follow recommendations for pump cleaning after each use.
- Consider asking someone who is well to feed your baby if you have Coronavirus symptoms.

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