

Covid in pregnancy

17 February 2022














During pregnancy, most people with Covid 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, what happens now?

- Your family doctor or health worker should call you within 24 hours of receiving your positive result. If they do not call you please call Healthline [0800 358 5453](tel:08003585453).
- 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.
- Your LMC 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 LMC midwife will continue to provide your pregnancy care. This may be by phone or video call.
- Your LMC midwife will refer you to a team at the hospital to get a plan for your care while you have Covid.
- If you become very unwell with Covid 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 (take to manage my symptoms) 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) midwife, family doctor or health worker before taking any medicine when pregnant, even if you have Covid

- 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



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

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 THREE times a day	Call your GP or healthcare team	Call 111 for an ambulance	Call your LMC midwife or the Birthing and Assessment unit at Middlemore Hospital (09) 276 0262
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 ribs 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"> • 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).	
Some useful links	Examples of diaries you can download or you can make as <u>diary yourself</u> Click on the links or paste URL into your browser My Oxygen, Pulse and Temperature diary - Health Navigator https://www.healthnavigator.org.nz/media/15256/14-covid-19_health_and_symptom_diary.pdf My symptom diary - Health Navigator https://www.healthnavigator.org.nz/media/15256/14-covid-19_health_and_symptom_diary.pdf https://www.healthnavigator.org.nz/media/15254/141-covid-19_symptom_diary.pdf		Depending on your symptoms, you may be given a <u>pulse oximeter</u> Click on the links or paste the URL into your browser: How to use a pulse oximeter video - Health Navigator https://www.youtube.com/watch?v=SyhQrjYCOGs How to use a thermometer – Health Navigator https://www.healthnavigator.org.nz/health-a-z/t/thermometers-how-to-use-them/	

After you have recovered

- After you have recovered from COVID-19 and have finished isolation your LMC midwife will continue to provide your regular check ups before and after your baby is born.
- If you had mild or no symptoms, you will be offered an extra scan at around 37-38 weeks to check the growth of your baby. Sometimes having Covid can affect your baby's growth
- If you were very unwell with Covid 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.

Vaccination after your recovery

- If you were not vaccinated before you caught COVID, you can receive your first or second vaccination, or booster dose, 4 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?

- If you go into labour and you have an LMC midwife, please call your LMC.
- If you are being cared for by (the) A Counties Manukau Midwife (Health team)
 - Call (09) 276 0262
- Comment about KSP
- Visitor policy

Can I breastfeed if I have Covid?

- Yes. Breastfeeding your baby is recommended if you have Covid
- There are antibodies in your breast milk that will protect your baby from Covid
- You can get breastfeeding and infant feeding support from your LMC Midwife and also Te Rito Ora on 0800 HelpBF (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

Feeling anxious and stressed about Covid?

- It is normal to feel anxious, upset, worried or stressed about Covid
- You can talk to your (LMC) midwife, 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 Counties Manukau Health Phone Numbers

Healthline - Covid	<u>0800 358 5453</u>
Middlemore Hospital Birthing and Assessment	(09) 276 0262
Middlemore Hospital Community Midwives: Clerk 7 days 8am-4.30pm	(09) 276 0049
Middlemore Obstetric Appointments: Mon-Fri 8am-4.30pm	(09) 276 0187
Botany Downs Birthing Unit: 24hours	(09) 259 5032
Papakura Birthing Unit: 24hours	(09) 299 9102
Pukekohe Birthing Unit 24hours	(09) 237 0640
Plunket Line	0800 933 922
Healthline	0800 611 116

