

# Pregnancy during COVID-19

For pregnant women with no symptoms of Coronavirus, and no symptomatic household members



Being pregnant during the COVID-19 outbreak may feel like an added stress to a situation that is already making lots of people feel anxious. Pregnancy itself can be a stressful time.

However, based on the evidence we have, **pregnant women are NOT more likely to become infected with COVID-19.**

Due to changes in the immune system during pregnancy, pregnant women are sometimes at greater risk of developing more severe symptoms should they develop a viral infection, and the same applies for COVID-19.

However, the likelihood is that even if you were to catch COVID-19, you would most likely be asymptomatic or develop mild symptoms which self-resolve.

**If you develop severe symptoms or you do not get better after 7 days please call NHS 111, or 999 for an emergency**

## Social distancing

The Government advice on social distancing is important for all pregnant women to follow:

1. Avoid contact with anyone who has possible symptoms of coronavirus (high temperature and/or new and continuous cough)
2. Avoid non-essential use of public transport
3. Work from home if possible
4. Avoid any gatherings in public spaces
5. Avoid gatherings with friends and family
6. You can keep in regular contact using phones, the Internet and social media
7. Use telephone or online services to contact your GP or other essential services

- **For COVID-19 related queries call 07831122271 08:30-18:00 Mon to Fri**
- **For the Maternity Assessment Unit (MAU) call 02072885880**

## Antenatal clinic

**You may not need to attend the hospital for antenatal clinic.**

You should receive a call before your appointment, and we will let you know if your appointment can take place via a telephone consultation.

**Please attend your antenatal appointment alone if attending hospital**

**Please do not bring children to scan appointments, as they will not be allowed in the room.**

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## Coming into hospital

All women and visitors will be asked about symptoms of COVID-19 on arrival and during admission. If a visitor develops symptoms they are kindly requested to not come to hospital and to self isolate. This is to keep all our women, babies and staff safe. Your cooperation is greatly appreciated.

**One non-symptomatic partner will be allowed with you antenatally, during labour and postnatally. Unfortunately you cannot change partners over this time.**

## Maternity Assessment Unit (MAU)

### Emergency attendance

If you think you need to attend MAU for **pregnancy related** symptoms:

Please call up beforehand as you would usually do, but be prepared that you may need to wait to speak to someone.



If you think you need **urgent assessment** please come straight to hospital, even if you cannot speak to someone on the phone before.



### Routine attendance:

If you attend MAU routinely for CTG monitoring or blood tests, please check with your midwife or call MAU to discuss whether it is safe for this to be delayed or performed elsewhere.

**If your primary concern is COVID symptoms, please attend A&E**

*If you do have possible symptoms of Coronavirus OR a member of your household has symptoms, please refer to gov.uk for 'stay at home' guidance, and ask for our leaflet on suspected/ confirmed COVID-19 in pregnancy.*