COVID-19 Alert level 1 update
Information for midwives: 24 July 2020

COVID-19 testing for Midwives

The [Director General of Health issued advice on 22 July](https://www.health.govt.nz/) to ensure an adequate level of testing occurs to enable detection of any community transmission, should this occur.

As health professionals, midwives have been designated an essential group for COVID-19 testing if they have symptoms consistent with COVID-19 infection.

Self-employed midwives who are awaiting test results or are unwell following a negative result can access locum support via the MMPO Locum Service on 0800 MIDWIFE.

Advice

<table>
<thead>
<tr>
<th>Category</th>
<th>Testing and isolation recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Midwives who have symptoms(^1) consistent with COVID-19 infection but do <strong>not</strong> meet the High Index of Suspicion (HIS(^2)) criteria</td>
<td>• The midwife should be tested</td>
</tr>
<tr>
<td></td>
<td>• Ministry of Health <a href="https://www.health.govt.nz/">Updated Advice for Health Professionals</a> (p. 6) currently states:</td>
</tr>
<tr>
<td></td>
<td><strong>People who meet the clinical but not the HIS criteria, who are tested do not need to self-isolate while awaiting test results. They should follow the advice of their health practitioner regarding staying at home if unwell.</strong></td>
</tr>
<tr>
<td>Anyone who has symptoms(^1) consistent with COVID-19 infection <strong>AND</strong> meet the HIS(^2) criteria</td>
<td>• The midwife must be tested</td>
</tr>
<tr>
<td></td>
<td>• Self-isolation is required while the result is pending</td>
</tr>
<tr>
<td>Anyone who meets the HIS(^2) criteria <strong>AND</strong> has one or more of the following less typical symptoms: fever, diarrhoea, headache, myalgia, nausea/vomiting, or confusion/irritability, and there is not another likely diagnosis.</td>
<td>• The midwife must be tested</td>
</tr>
<tr>
<td></td>
<td>• Self-isolation is required while the result is pending</td>
</tr>
</tbody>
</table>
1. **Symptoms**
   Any acute respiratory infection with at least one of the following symptoms:
   - new or worsening cough
   - sore throat
   - shortness of breath
   - coryza (sneezing and runny nose)
   - anosmia (loss of sense of smell)
   - fever

2. **HIS criteria:**
   In the 14 days prior to illness onset, person has:
   - had contact with a confirmed or probable case
   - had international travel
   - had direct contact with a person who has travelled overseas (eg Customs and Immigration staff, staff at quarantine/isolation facilities)
   - worked on an international aircraft or shipping vessel
   - cleaned at an international airport or maritime port in areas/conveniences visited by international arrivals, or
   - any other criteria requested by the local Medical Officer of Health