

COVID-19 Pregnancy and Newborn care



New Zealand
College of
Midwives

Preventing COVID-19

Get Immunised: the Covid vaccine is safe at any stage of pregnancy

Wear a mask

Wash/sanitise hands frequently



Your maternity care

It is safe to see your midwife and go to hospital. Your midwife and maternity facility will want to know if you have your symptoms before you attend, so that they can take precautions

If you have any concerns about your pregnancy, call your midwife

COVID-19 symptoms

If you have any COVID-19 (cold or flu) symptoms:

Get tested for COVID-19

Isolate at home until you receive a negative test result



If you test positive for COVID-19

Let your midwife know about your positive test result to make sure you get the care you need

Stay isolating at home and follow instructions that come with the Covid result

Rest as much as possible. You can take paracetamol (follow instructions on the packet) to treat headaches, and aches and pains, and stay well hydrated with water. Do not take ibuprofen if you are pregnant

Call your GP if: you are worried about your COVID-19 symptoms getting worse, your temperature is very high, you feel unusually tired or you feel like you can't cope with your symptoms at home

CALL 111 IF YOU ARE HAVING DIFFICULTY BREATHING OR FEEL FAINT AND/OR DIZZY

Your midwife will still be providing your maternity care but may not see you in person until your isolation has been completed. If you have any concerns about you or your baby, call your midwife, or back up midwife - they are available by phone

When you have had your baby



You and your baby can stay together and have skin to skin contact if you are both well
Babies get antibodies to COVID-19 infections from their vaccinated mothers through the placenta during pregnancy and later through breastfeeding

You can have the COVID vaccine whilst breastfeeding

Your midwife will be providing postnatal care in your home for you and your baby

COVID-19 infection in babies is usually mild, but it is important you know what to look out for. Talk to your midwife about how to recognise any concerns

You will need to wear a mask if you are staying in hospital before or after having your baby

Additional
guidance



Guidance if
you have
tested
positive



How to
book your
vaccine



Information
about
your work