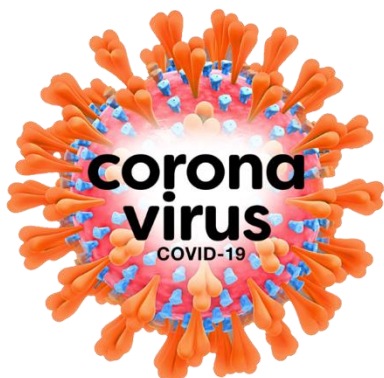
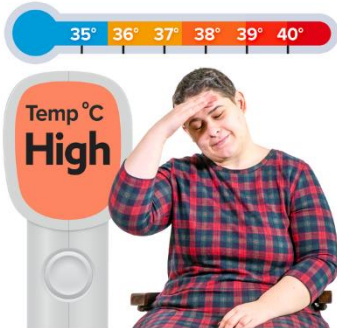


Coronavirus and pregnancy



During your pregnancy and labour



If you are pregnant, you are at no more risk of getting coronavirus than anyone else.

Most pregnant women have no **symptoms**.

A **symptom** is a sign that you have an illness, for example a high temperature.



If you get coronavirus when you are pregnant you are more likely to have a very bad coronavirus infection if you:

- have a health condition like:
 - diabetes
 - high blood pressure
 - asthma
- are overweight
- are of Black and Asian Minority Ethnic background
- are aged 35 years or over





If you are pregnant and get coronavirus with symptoms, it is more likely that your baby will be born **prematurely**.

Prematurely means early - before the date your baby is due.



Find out more online about [coronavirus symptoms and when to phone 111](#).



Keep following health advice when you are pregnant including checking the movement of your baby.



Phone your midwife or maternity team straight away if you think the movement of your baby has slowed down, stopped or changed.

Vaccination



Vaccination means getting an injection of a vaccine.

A **vaccine** is a type of medicine that helps your body to fight a disease or virus.



Getting vaccinated is the best way to protect yourself against coronavirus.



Find out more about [getting vaccinated when you are pregnant.](#)

Antenatal and postnatal appointments



Antenatal is the time before you have your baby.



Postnatal is the time after your baby has been born

It is very important to keep going to your healthcare appointments when you are well.



Most healthcare appointments will be face-to-face.



Some appointments may be by phone or video call.

Your maternity team will speak to you about this.



If you have symptoms of coronavirus, please ask your midwife or antenatal clinic for advice about organising your antenatal appointments.

Speak to your maternity team before you decide not to go to an appointment.

Can someone come to my appointments with me?



A person can come to appointments with you if they are not ill and have no coronavirus symptoms



The person who comes with you can be:

- a carer
- an advocate
- a translator
- a parent if you are under 18



This person should not be counted as a visitor.



Speak to your maternity team to check if any restrictions are in place before you attend any appointments.

Antenatal Classes



Speak to your midwife to find out what group antenatal classes are in your area.

There are also [online antenatal classes](#).

Use the access code TARTAN and talk to your midwife about the class, when you have your next appointment.

Immunisation appointments



Immunisation means getting a vaccine.

If you are well you can get any vaccines you need including your whooping cough vaccine.



If you have symptoms of coronavirus, you should contact your midwife to make a new vaccination appointment for when you are not in isolation.

Find out more on our [immunisation pages](#).

Getting your baby box



You can register for your baby box at one of your antenatal appointments.

It will be delivered 4 weeks before your baby is due.

If you have coronavirus your midwife can register for the baby box for you.

Birth choices



At the start of the coronavirus outbreak, some choices such as home birth were not available.

These restrictions are now changing.

Speak to your midwife or maternity team to find out what is available in your area.

Labour and your birth partner

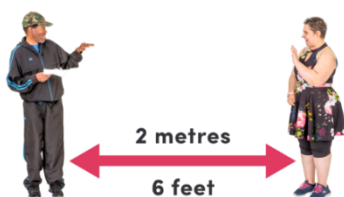


Your birth partner can be with you:

- during **induction** – when your maternity staff give you medicine because your labour is not starting naturally
- during your **labour** – when you are having the baby
- and at the birth of your baby unless you need a general anaesthetic.



A **general anaesthetic** is a painkiller that puts you to sleep before you have surgery.



You may have a second birth partner if your local rules say that this is ok and if it is safe to **physically distance** – to stay 2 metres away from other people.



If your birth partner tests positive for coronavirus they can still support you during labour if your maternity staff decide that this is safe.

They will be asked to wear PPE – personal protective equipment like a mask, aprons or eye protection

They should be careful when moving around the hospital and using shared services like the toilets and canteens.



When you are in labour the midwives and the maternity team caring for you will be wearing personal protective equipment.

This is to protect you, your baby and the staff caring for you from infection.

Giving birth if you have coronavirus or think that you have coronavirus



If you have coronavirus, the risk is the same if you give birth vaginally or by caesarean.

If you have coronavirus or think you have coronavirus, you will be advised to give birth in an **obstetric unit** – a labour ward.



This is so the maternity team looking after you have the equipment they need to check your oxygen levels and the baby's heartbeat.

You will be cared for in a separate area to keep you, your baby and staff as safe as possible.

Visiting rules within the maternity unit



Visitors should wear face coverings and any PPE the maternity staff ask you to use.

Everyone must follow rules about cleanliness and safety by:

- washing their hands with soap and water
- using alcohol hand sanitiser before coming into the ward or leaving the ward
- covering their nose and mouth with a disposable tissue when sneezing, coughing, wiping or blowing their nose



Put used tissues in the bin provided and wash your hands or use hand sanitizer straight after.



Visitors should stay 2 metres away from anyone in any part of the hospital.

Visitors must not visit other patients or other clinical areas during their visit.

Your visitors will not be allowed to visit:



- if they are not well
- if they have any symptoms of coronavirus
- if they are self-isolating – staying away from other people because they have the virus



All visitors should check local guidance and the [Scottish Government national guidance on hospital visiting](#).

Partners visiting after birth



After birth, you and your baby will be moved to a ward.

Your birth partner can visit you on the postnatal ward.

But they must not visit if they are ill or if they have coronavirus symptoms.



Speak to your maternity team to find out if there any restrictions for visitors in your area.

Taking your baby home



If you and your baby are well, you can go home as soon as possible.

Before you leave the hospital your maternity staff will talk to you about your postnatal care



When you are home you will get the support and care you need from your maternity team - your midwifery service, health visitor and family nurse.

[More information on caring for your newborn baby](#)



We know you will want family and friends to meet your new baby.

It is recommended you continue to follow [government advice](#).

If you become unwell when you get home



Phone your GP, midwife or maternity unit if:

- you become unwell
- you are worried about your physical or mental health
- you are worried about the health of your baby



If it is an emergency phone 999.

If it is not an emergency phone NHS 24 on 111.

Taking care of your mental health and wellbeing



Wellbeing means feeling comfortable, healthy and happy.

With so many changes, it is normal to feel stressed or worried.

Parent Club has some [helpful tips for managing anxiety during pregnancy.](#)



If you are worried about your mental health and wellbeing, support is available.

It is important to let your midwife know how you feel.

They can help you get the right support.



The Royal College of Obstetricians and Gynaecologists has more [detailed guidance about COVID-19 for people who are pregnant](#) including on self-isolating and guidance for pregnant people in the workplace.

Caring for your new baby



The number of babies that have caught coronavirus is very low.

But your baby could catch coronavirus from anyone infected with the virus, even if that person does not feel unwell.

You should:

- take your baby home as soon as it is safe for you to do so

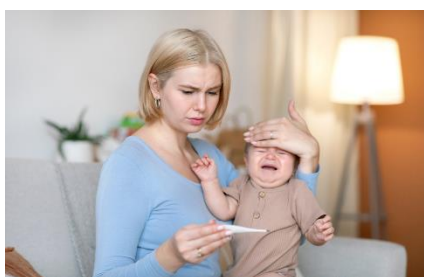


- follow government advice on self isolation and protective measures
- keep your baby away from people with a cough, fever or other viral symptoms such as a runny nose, vomiting or diarrhoea



Bliss has [advice about coronavirus for parents of babies born sick or premature.](#)

What if my baby is unwell?



Symptoms of coronavirus are similar to signs your baby may be unwell for other reasons.

Many babies with the virus will not show signs of illness and most babies will recover fully.

[What to do if you think your baby is unwell](#)

[What to do if your child has cold or flu symptoms](#)

Breastfeeding



There is no evidence that the virus can be spread through breast milk.

Breastfeeding is good for you and your baby.

You can keep breastfeeding, even if you have coronavirus.

You can find more advice online at:



- [Parent Club](#) information on [breastfeeding and coronavirus](#).
- Ready Steady Baby [Breastfeeding](#) advice
- Unicef has [additional advice on breastfeeding](#)



You can also phone the Breastfeeding Network National Helpline on:
0300 100 0212



It is open from 9.30am to 3.30pm every day.

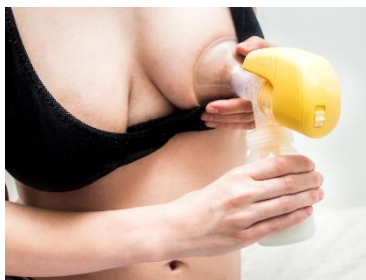
Breastfeeding if you have coronavirus symptoms



If you are breastfeeding and feeling unwell, keeping breastfeeding can be the easiest thing to do and be less stressful for you.

Keep breastfeeding your baby even if you become infected with coronavirus.

This is more likely to help protect them.



Expressing milk means squeezing milk out of your breast so you can store it and feed it to your baby later.

If you do not feel well you could **express** your breast milk and ask someone who is well to use a bottle to feed your breast milk to your baby for some or all feeds.



Be very careful not to fall asleep with your baby.

Phone your midwife, health visitor or GP if you are worried.

Reducing the risk of your baby catching coronavirus



Your baby is less likely to catch coronavirus if you:

- wear a mask or face covering when holding your baby close, including during feeding



- wash your hands before touching your baby, breast pump, bottle or other feeding equipment



- do not cough or sneeze when feeding or holding your baby



- follow breast pump and equipment cleaning recommendations after each use (as you would always do)
- wash and clean bottles and other equipment in hot soapy water, before sterilising (as you would always do)

Vaccination while breastfeeding or planning to breastfeed



You should get the coronavirus vaccine if you are breastfeeding or expressing milk.

You should continue to breastfeed after you get the vaccine.

This will protect your baby.



There is no risk of passing the virus to your baby through breastmilk.

[More about coronavirus vaccination while breastfeeding](#)