

If you need additional support, you can be accompanied by a: carer, advocate, translator or parent (in the case of a minor). Face covering and physical distancing will be required for both yourself and your supportive person during all hospital visits. Smaller waiting areas may have further restrictions.

Additional visitors within the maternity unit

To find out if an additional visitor is allowed, please check your local visiting guidance or the Scottish Government national guidance on hospital visiting <https://www.gov.scot/publications/coronavirus-covid-19-hospital-visiting-guidance/>. If you are unsure what COVID restriction level you are in please access <https://www.gov.scot/check-local-covid-level/> for more information. Before visiting, your visitor should contact the clinical area to discuss appropriate arrangements and timings to support maintaining physical distance.



When you, your birth partner, or any visitor attend the hospital face coverings or any other PPE as indicated by the clinical team should be worn. Everyone must adhere to strict hand and respiratory hygiene by using alcohol based hand rub on entering and leaving the ward/department or following any patient contact, covering the nose and mouth with a disposable tissue when sneezing, coughing, wiping or blowing the nose. These should be disposed of immediately in the bin and hand washing performed immediately afterwards. Physical distancing should be maintained during visits and visitors should not visit other patients or other clinical areas during their visit. Your visitor must not have symptoms of COVID-19 and must not attend if they are self-isolating for suspected or confirmed COVID-19 or have recently returned from a country requiring quarantine.

What about taking my baby home?

If you and your baby are well you will be discharged home as quickly as possible. Your postnatal care will be discussed with you when you are discharged, but be reassured that you will get the support and care you need from the maternity team. Please ask your midwife for the COVID-19 parent information for new born babies leaflet for additional guidance.

Once home your midwifery service along with Health visitor and Family Nurse will support you. We know that you will want family and friends to meet your new baby but it is recommended you continue to follow government advice on physical distancing. It is very important for the health and wellbeing of you and your baby that you are not visited by anyone who has symptoms of COVID-19, self-isolating for suspected or confirmed COVID-19 or have recently returned from a country requiring quarantine.

What if I become unwell when I get home?

If you become unwell in any way whilst at home with your baby please contact your GP, midwife or maternity unit. For non-emergency concerns please do not hesitate to call NHS 24 on 111. **If it is an emergency please call 999.**

If you are concerned about your physical or mental health or the health of your baby in any way do not wait to seek help. Call your midwife or maternity unit straight away.

Further Information



Ready Steady Baby will support you through pregnancy until your baby is 8 weeks old. This can also be accessed online at www.nhsinform.scot/ready-steady-baby

NHS Inform
<https://www.nhsinform.scot>

Parent Club
<https://www.parentclub.scot/>

Royal College of Midwives
<https://www.rcm.org.uk/advice-for-pregnant-women/>

The Royal College of Obstetricians and Gynaecologists (RCOG)
Guidance for pregnant women & their families
<https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/>

Coronavirus vaccination helpline
For more information about who'll be offered the coronavirus vaccine and its delivery, phone 0800 030 8013 (available 8am to 8pm, 7 days a week).

Further information is available at <https://www.nhsinform.scot/covid19vaccinepregnancy>

Coronavirus (COVID-19)

Information for pregnant women



This leaflet provides you with further useful information about your maternity care. If after reading this information you still have concerns then please speak to your midwife.



Being pregnant is a special time in your life. The current situation may be worrying you, however we want to reassure you that maternity services are working hard to continue to provide high quality essential care and support.

Studies from the UK show that pregnant women are no more likely to get COVID-19 than other healthy adults. Roughly two-thirds of pregnant women with COVID-19 have no symptoms at all, and most pregnant women who do have symptoms only have mild cold or flu-like symptoms. However, a small number of pregnant women can become unwell with COVID-19. Pregnant women who catch COVID-19 may be at increased risk of becoming severely unwell compared to non-pregnant women, particularly towards the end of your pregnancy.

Symptoms to look out for include a cough, fever, shortness of breath, and loss or change of taste or smell. If you have developed these symptoms (however mild) in the last 10 days, stay at home for 10 days from the start of your symptoms and arrange to be tested online at NHS Inform, or call 0800 028 2816. Others in your household should stay home for 10 days in case they also develop symptoms. Do not go to your GP, midwife, pharmacy or hospital.

You should remain at home until you get the result of the test, and then follow the advice you will be given based on the results.

If your symptoms worsen during home isolation, especially if breathlessness develops or worsens or your symptoms haven't improved in 10 days phone 111.

If you have a medical emergency, phone 999 and tell them you have coronavirus symptoms.

You should continue to follow health advice during your pregnancy, including monitoring your baby's movements. It is important to get to know how your baby moves and Ready Steady Baby has more information. Please contact your midwife, obstetrician or GP immediately if you think your baby's movements have slowed down, stopped or changed. If in doubt, get it checked out. Be confident and report any concerns and make sure your concerns are acted upon.

Vaccination

COVID-19 vaccines are **recommended** in pregnancy. Vaccination is the best way to protect against the known risks of COVID-19 in pregnancy for both women and babies, including admission of the woman to intensive care and premature birth of the baby.

Over 51,000 pregnant women in England and 4,000 in Scotland have received a vaccine.

In addition, over 130,000 pregnant women from diverse ethnic backgrounds in the USA have received either a Pfizer-BioNTech or Moderna COVID-19 vaccine, with no evidence of harm being identified. You and your unborn baby cannot catch COVID-19 from the vaccines.

You will be offered the coronavirus vaccine based on your age and clinical risk. The vaccination can be administered at any stage in pregnancy. However, as COVID-19 has more serious

complications in later pregnancy, you may choose to delay your vaccine until after the first 12 weeks of pregnancy.

Please read The Royal College of Obstetricians and Gynaecologists (RCOG) information on the risks and benefits of vaccination before attending your vaccination appointment www.rcog.org.uk/covid-vaccine. If you have further questions, please speak to your Midwife, obstetrician or GP prior to attending your vaccine appointment.



The vaccine you will be offered will be clinically appropriate for you and will follow JCVI recommendations.

If you are breastfeeding, or planning to breastfeed, you can continue breastfeeding after vaccination.

The benefits of breastfeeding and the protection it offers to babies are well known, and the coronavirus vaccines are not thought to be a risk when breastfeeding. Clinical trials on the use of coronavirus vaccines while breastfeeding are not advanced. However, the available data do not indicate any harm to the breastfed infant.

Should I attend my antenatal and postnatal appointments?

Yes – It is really important that you continue to **attend your scheduled routine care** when you are well. It is particularly important that you help your maternity team take care of you and your baby. While your routine schedule of care requires in person care, some aspects may be supported by Near-me video calls and remote monitoring. Your maternity team will speak to you about this.

Tested positive for COVID, are self isolating or have symptoms of coronavirus? Alternative arrangements can be discussed, please contact your midwife or antenatal clinic for advice on attending antenatal appointments – there is no need to miss or cancel appointments.

What about antenatal classes?

Please speak to your midwife to find out what is available in your area. You can also access an online 'virtual' class at <https://inourplace.heiapply.com/online-learning/> (using the access code TARTAN) and you can discuss the content with your midwife at your next appointment.

What about my baby box?

You can still register for your baby box at one of your antenatal appointments and it will be delivered within 4 weeks of your due date. If you are COVID-19 positive your midwife will be able to register on your behalf.

What about my labour and birth?

Birth choices: During this pandemic, some birth choices may be unavailable in your local area due to staff and patient safety concerns. You should speak to your midwife or maternity team who will provide you with up to date information on your options in your area.

Birth partner: Your birth partner can be with you during your labour, the birth of your baby and after. In labour you may notice that midwives and the maternity team caring for you are wearing protective clothing such as aprons, masks or eye protection. These measures protect you and your baby, the staff caring for you and reduce the risk of spreading infection.

If you are in labour and you require additional support, for example of a carer, advocate or translator, or in the case of a minor, a parent, this person should not be counted as a visitor.

Induced birth: If you are being induced, your birth partner can accompany you if it is possible to maintain the recommended physical distancing from other patients.

Operative birth: If you are required to have an operative birth, your birth partner can be with you, except when a general anaesthetic is needed.

Suspected or confirmed coronavirus

There is no evidence to suggest that if you have coronavirus, giving birth vaginally or by caesarean presents any difference in risks or benefits for you or your baby.

As a precautionary approach, pregnant women with suspected or confirmed coronavirus, will be advised to give birth in an obstetric unit. This is so the maternity team looking after you have access to additional support from the wider team if required. You will be cared for in a dedicated area to keep you, your baby and staff as safe as possible.

Taking care of your Mental Health and Wellbeing

With all the changes happening it is normal to feel stressed and anxious. Parent Club has some helpful tips for managing anxiety during pregnancy at <https://www.parentclub.scot/articles/mental-health-support-for-expectant-parents>.

If you are worried about your mental health and wellbeing or have existing mental health difficulties, support is still available, and it is important to let your midwife know as they will be able to help you put the right support in place.

Hospital Visiting

Some areas experiencing an increase in admissions may have restricted visiting to essential visits only which includes a birth partner. Your midwife will be able to advise if temporary local restrictions are in place in your area.

In all five protection levels, a birth partner supporting you during hospital visits remains essential and allows for you to be accompanied throughout your time in maternity settings. This includes accompanying to certain appointments (booking appointment, 20 week scan and any emergency appointments), induction, labour and birth including C-sections (except where general anaesthetic is required) and visits to the postnatal ward after delivery. Some hospitals may however have implemented time restrictions for visits to postnatal wards to ensure physical distancing subject to local risk assessment.