



Pregnancy and COVID-19



Some women who are pregnant may be at greater risk of complications from COVID-19 and may require closer observation. It is important that if you do test positive to COVID-19 while you are pregnant, that you notify your maternity care provider to make sure you receive the most appropriate care. This may be your GP, midwife, obstetrician or local maternity service.

Most pregnant women will be able to safely stay at home while they have COVID-19. During this time, it is important to:

- Have plenty of fluids, like you would with a regular cold or flu. If you feel unwell, paracetamol can also be taken to help with symptoms. Ibuprofen is not recommended to take while you are pregnant.
- Move around regularly to reduce your risk of developing blood clots.
- Keep a close eye on your baby's movements. Call your maternity care provider immediately if your baby's movements change or if you have:
 - vaginal bleeding
 - abdominal pain
 - constant clear watery vaginal discharge
 - contractions any time before 37 weeks

- persistent fever
- headaches
- sudden swelling of your face and hands
- started labouring
- any serious concerns about your pregnancy.

If you develop chest pressure or pain, have severe headaches or dizziness, or have difficulty breathing you should call 000 immediately. Make sure you tell them you have COVID-19 and are pregnant.

After recovering from COVID-19 it is important to continue your regular antenatal care. If you have missed an antenatal care appointment during your self-isolation, reschedule as soon as possible.

Call 000 if you develop chest pressure or pain, have severe headaches or dizziness, or have difficulty breathing. Tell them you are pregnant and have COVID-19.

Further information

Service NSW

<https://www.nsw.gov.au/covid-19/management/advice-for-confirmed#toc-what-if-i-am-pregnant-and-have-covid-19>

Australian Government COVID-19 Vaccination

https://www.health.gov.au/sites/default/files/documents/2021/12/covid-19-vaccination-shared-decision-making-guide-for-women-who-are-pregnant-breastfeeding-or-planning-pregnancy-covid-19-vaccination-shared-decision-making-guide-for-women-who-are-pregnant-breastfeeding-or-planning-pregna_1.pdf

Scan the QR code for more information and resources

