

# Your Pregnancy and Coronavirus

## Key facts for pregnant women

- You should be reassured that pregnant women are no more likely to contract the infection than the general population. If you are infected, you are most likely to have no symptoms or a mild illness from which you will make a full recovery.
- As a precautionary measure it has been advised that pregnant women, especially those above 28 weeks' gestation engage fully with social distancing measures to reduce the risk of infection.
- If you develop severe symptoms or your recovery is delayed you should contact NHS111 or your maternity unit for further information and advice.

## How will your maternity care change?

In light of coronavirus there might be some changes to your care:

- Blood tests might take place at your scanning appointments rather than at an earlier appointment, you might need to attend appointments alone or over the phone.
- Birth arrangements might need to change: who can attend the birth, how quickly you will be discharged or whether you can have your baby at home.
- The care, quality and safety for you and your baby however is still a priority for your maternity team.

## What do you need to know?

- **If you have any concerns about your baby - such as reduced movements or bleeding - you must contact your midwife or unit without delay and come into hospital if advised.**
- Going into hospital when advised to is the safest choice for you and your baby.
- You should attend all recommended antenatal appointments including your hospital scans.
- Please do let your unit know if you develop COVID symptoms - a high temperature or a new continuous cough. It won't affect the quality of the care you receive but it will ensure that those looking after you and the women and babies around you are sufficiently protected.

If you are unclear on what to do next, or want trust specific information it is advisable to phone your midwife, or if out of hours, your maternity team.

- **UCLH** - 020 3447 9400 option 2 for urgent queries
- **North Middlesex University Hospital** - 020 8887 4238. Monday to Friday, 8am to 6pm. 020 8887 3682 out of hours, weekends or bank holidays.
- **Whittington Hospital** - 07831 122271. Monday to Friday, 10am to 6pm. 020 7288 5880 out of hours, weekends or bank holidays.
- **Royal Free Hospital** - 020 3758 2022 press option 4. Monday to Friday, 9am to 4pm. 020 7794 0500 extension 33850/33849 out of hours, weekends or bank holidays
- **Barnet Hospital** - 020 3758 2022 press option 4. Monday to Friday, 9am to 4pm. 020 8216 4408 out of hours, weekends or bank holidays.

