



## Advice on COVID-19 for Pregnant Women

COVID 19 (or SARS CoV2) will soon become a major medical threat in Australia

The people most at risk are the elderly and the immune-compromised.

It does not appear to affect pregnant women or their babies any more than the background population

Mainly it will disrupt group activities, business, transport and work

Please see current advice from:

[\*\*RCOG\*\*](#)

[\*\*RANZCOG\*\*](#)

[\*\*The AMA\*\*](#)

[\*\*NSW Government\*\*](#)

### **My key advice is:**

#### **1. Travel:**

Do not undertake any overseas travel

Advise partners not to undertake overseas travel

Advise close family members not to undertake overseas travel if they wish to spend time with you or your baby after the birth

#### **2. Group Activities:**

Avoid public transport and work from home where possible. Consider wearing a face mask where public transport cannot be avoided.

Do not attend group teaching, sporting or or social activities

Keep 1.5m away from other people (social distancing)

#### **3. Hygiene:**

Observe meticulous hygiene, especially of hands, at all times. Soap and water or alcohol-based hand rub is acceptable.

Be particularly careful of touching eyes, nose and mouth

Be meticulous with hygiene around food preparation, eating and drinking

#### **4. Fever Clinic:**

If you have fever (38°C or above) and either cough or a flu-like illness you should attend the fever clinic at Prince of Wales Hospital, for nose and throat swabs

**Ring: 0409 172 311**