

COVID-19 – Pregnancy and vaccination

Pregnant women are just as likely to catch COVID-19 as everyone else but their bodies are not as strong when fighting a COVID-19 infection. Women who get COVID-19 whilst pregnant are more likely to become seriously unwell, need hospitalisation and admission to Intensive Care. With Mum being so unwell, sometimes bub will be born early and need to stay in hospital and possibly in intensive care.

How do I protect myself and my family?

Get vaccinated

Vaccination for COVID-19 is strongly recommended for pregnant women. Vaccination data from around the world has shown these vaccines to be safe in pregnancy. You can still get COVID-19 after vaccination but you are much less likely to get seriously unwell. It is also possible that being vaccinated whilst pregnant can offer some protection to bub due to Mum's immune cells being shared with baby. You can be vaccinated at any time during pregnancy, please have a yarn with your health care provider about a vaccination.

Protecting yourself and family

Below are some ways to reduce your chances of catching COVID-19:

- Practice good hygiene by washing your hands regularly with soap and water or hand sanitiser.
- Stay 1.5m away from others (around two large steps).
- Avoid going to busy and crowded places, where it is difficult to distance yourself from others.
- Wear a mask that covers both your nose and mouth when you are in indoor public spaces and don't touch the mask or your face whilst wearing it. When you take it off make sure you wash your hands well before and after.
- Stay away from others who have a fever, cough or any symptoms of a cold or chest infection.
- If you have symptoms seek medical advice immediately, call your doctor or health care provider to advise them of your symptoms and for further advice.
- If you are unable to contact your usual health care provider, you can call 13HEALTH (13 43 25 84) for further advice.
- Create a COVID-19 Readiness Family Plan – Use the template available on the Make the Choice website listed below.



Many hospitals will offer appointments in the community or by telephone where possible however there will be times when you will need to see your health care provider. To help protect yourself and others please follow the advice above during your appointment. If you are feeling unwell, have been advised to

self-isolate or have COVID-19, please contact to your health care provider prior to your appointment so they can plan to safely provide care for you.

I am in self-quarantine and I think I am in labour.

Call ahead to your hospital or health care provider for further advice. If you need to call an ambulance call 000 and let them know that you are in self-quarantine.

I still have questions, what should I do?

It is normal to have questions and feel unsure. Don't feel shame to speak up for yourself and your family and ask questions. If you would like more information please talk to your Doctor, Midwife or other health care provider.

You can also call 13HEALTH (13 43 25 84) and ask to speak to an Aboriginal and/or Torres Strait Islander nurse to yarn about your concerns.

You can also find useful information on the following websites:

- Make the choice - COVID-19 vaccine information: For communities
www.makethechoice.com.au
- COVID-19 Readiness Family Plan
https://www.makethechoice.com.au/wp-content/uploads/2021/12/0335-COVID-19-Family-Plan_WEB_211201-1.pdf
- Queensland health – COVID-19 and pregnancy
www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/information-for/pregnancy-breastfeeding
- Queensland Health – Get COVID ready
www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/stay-informed/exposed-to-covid/covid-ready/where-to-get-help-get-covid-ready
- Australian Department of Health – Pregnancy, breastfeeding and COVID-19 vaccines
<https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/who-can-get-vaccinated/pregnant-women>
- Queensland Health – information for First Nations people
www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/information-for/first-nations/first-nations-people