

WELLINGTON
OBSTETRICS



CORONAVIRUS
COVID-19

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COVID-19 STATEMENT

Wellington Obstetrics has been closely monitoring developments regarding the novel coronavirus (COVID-19) and is taking all advised precautions.

The health of our clients, their families and our staff are our utmost priority. We have put in place a number of measures to keep our community safe while still providing the highest level of care.

To help protect clients and staff, we remind our clients and their families not to attend appointments if they are unwell.

COVID-19 AND PREGNANCY

- Information on the impact of COVID-19 in pregnancy is still limited, but we do know that it is always important for pregnant women to protect themselves from illnesses.
- The symptoms of COVID-19 are:
 - a cough
 - a high temperature (at least 38°C)
 - shortness of breath.
- Pregnant women do not appear to be more susceptible to the consequences of COVID-19 than the general population and there is no evidence that the virus can pass to your baby during pregnancy.
- There is currently no data suggesting an increased risk of miscarriage or early pregnancy loss in relation to COVID-19.
- It is recommended we monitor you and your baby in labour if you are known to have the virus
- at the moment there is no evidence that the virus can be carried in breastmilk, so it is felt the benefits of breastfeeding outweigh any potential risks of transmission of coronavirus through breastmilk.

PREVENTION – HOW TO PROTECT YOURSELF AND OTHERS

- Practice good hand hygiene – wash your hands regularly with soap and water for at least 20 seconds and dry with paper towel or a hand dryer. Alcohol based hand rub is an acceptable alternative.
- Cover your nose and mouth with a tissue when coughing or sneezing or cough or sneeze into the crook of your elbow and encourage others



to do the same. Make sure you put the tissue into a bin and then wash your hands afterwards.

- Avoid touching your eyes, nose and mouth with unclean hands.
- Try to avoid close contact with people who are unwell. Where possible, keep at least one metre away from people who have a respiratory illness and/or is coughing and sneezing.
- Avoid shaking hands with others.
- Clean and disinfect frequently touched surfaces and objects, such as doorknobs.
- Stay at home if you feel unwell.
- Call Healthline on [0800 358 5453](tel:08003585453) if you have any symptoms and have been to any countries or territories of concern or have been in close contact with someone confirmed with COVID-19.
- Consider getting the flu vaccination. While it will not influence response to COVID-19 infection, everyone will reduce their risk of seasonal influenza through vaccination.

TRAVEL

- Pregnant women are advised to avoid all non-essential overseas travel. If you are returning to New Zealand from overseas you may be required to self-quarantine for a period of time. Up-to-date information is available from [Safetravel](#).

ADDITIONAL INFORMATION

Information and advice to the general public applies equally to pregnant women. Wellington Obstetrics recommends the following websites as reliable sources of information:

- www.who.int/health-topics/coronavirus
- www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus
- <https://rancog.edu.au/statements-guidelines/covid-19-statement>
- www.rcog.org.uk/coronavirus-pregnancy
- www.health.gov.au/health-topics/novel-coronavirus-2019-ncov
- www.cdc.gov/coronavirus/2019-ncov/index.html



PLEASE ASK ONE OF OUR OBSTETRICIANS IF YOU HAVE ANY
QUESTIONS OR CONCERNS. THEY ARE UP-TO-DATE WITH ALL THE
MEDICAL DEVELOPMENTS WITH COVID-19 TO PROVIDE YOU WITH
THE SAFEST CARE FOR YOU, YOU BABY AND WHANAU.

This statement is current at 16.03.2020.

