

Maternity department

Suspected or confirmed coronavirus (COVID-19) in pregnancy

Information for patients, relatives and carers

The majority of people who develop COVID-19 will make a full recovery. Pregnant women, like other healthy adults, do not appear to be more likely to become seriously unwell. This leaflet provides guidance for women who have suspected or confirmed COVID-19 infection and who have been told to monitor their symptoms at home.

What are the symptoms and how do I know if I have COVID-19?

Infection with COVID -19 can give you cold/flu symptoms. If you have a fever of more than 37.8 degrees and/or a new continuous cough, you may have the COVID-19 virus. You and your household members should follow self-isolating instructions available on www.gov.uk. We do not test women unless they are unwell and need to stay overnight in hospital.

How long should I expect to feel unwell for?

On average, people feel unwell for about two weeks. This can be longer in severe cases.

When do I need to seek further medical attention?

We advise that anybody with symptoms of COVID-19 stay at home for at least seven days (longer if you are still feeling unwell). Do not go to a hospital, GP or pharmacy. You should phone the maternity helpline on **020 3312 6135** or visit [NHS 111 online](#) if:

- you feel you are getting worse
- you are unable to do "normal" restful activities such as watching TV at home

If you develop any of the following, please phone '999' and you will be taken to your nearest emergency department:

- shortness of breath so severe that you are unable to talk in full sentences;
- you are breathing more than 30 breaths per minute

If you have any of the following, please phone the maternity helpline on **020 3312 6135** for further advice:

- chest pain, difficulty breathing, coughing up blood
- difficulty breathing when laying down flat, waking up short of breath at night
- if you feel you are getting worse
- if you are not improving after 14 days

The cough can last for weeks and isn't anything to worry about on its own.

What should I do to speed up my recovery?

You should drink plenty of fluids. You can take paracetamol 1g every four to eight hours up to a maximum of 4g (eight tablets) in 24 hours. Get lots of rest. You should avoid ibuprofen in pregnancy.

What should I do about my antenatal appointments?

You should not come to hospital for any appointments if you are unwell. Call the maternity helpline to inform them you are unwell, and they will re-schedule routine appointments for you as appropriate. If you develop any pregnancy-related complications, call the maternity helpline and we will assess if you need to come to hospital for assessment. If it is necessary for your health or your baby's health, we will put the correct precautions in place to see you.

What if I go into labour?

If you go into labour or your waters break, phone the maternity helpline. We will assess over the phone whether you need to come into hospital immediately, or if you can wait a few hours at home. We recommend that you have your baby on the labour ward (not at home or in the birth centre) so we can put a continuous baby monitor on you when you are in labour.

If you have other questions relating to COVID 19 in pregnancy, point your phone camera to this QR code and you will be taken to the website of the [Royal College of Obstetricians and Gynaecologists](#). There is a lot of information there, including when and how to self-isolate, how to reduce your risk of developing COVID, and how COVID-19 might affect pregnancy and your baby.



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