Health Navigator New Zealand

Aotearoa e te toa!   
A series of resources for people with COVID in the community

# Transcript: COVID positive and pregnant

## [Introduction]

| **Audio** | **Visual** |
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| [Guitar music] | Aotearoa e te toa!  COVID positive and pregnant |
| [Guitar music]  [Midwife] Being hapū and having to isolate at home will be hard enough for some. But having COVID as well could feel overwhelming. | Tara, a female midwife with a moko kauae, works on a laptop in her office. |
| [Guitar music]  [Pregnant woman] Yeah, it’s a bit scary knowing I have the virus. I’m fully vaccinated so I feel confident my risk for getting really sick is low.  Plus, the doc said the antibodies I make will also protect baby now and when she’s being breastfed. | A pregnant woman sits in the lounge at home. She’s on a video call with Tara, her midwife.  In a flashback, the woman receives a COVID-19 vaccination from her GP, and the GP puts a plaster on her arm after the jab.  The video call continues and we see the pregnant woman in the lounge. |
| [Guitar music]  [Midwife] That’s right, being fully vaccinated with a booster is the best way to stay safe.  When you’re told you have COVID, you’ll be assessed by a specialist team to work out your personal care plan.  Then, depending on any risk factors you may have and how well you’re managing any symptoms, your midwife or other lead maternity carer, LMC for short, may be able to continue taking care of you.  If any extra care is needed it’ll be organised between you, your midwife and the obstetrics team. | Then we’re in Tara’s office again, and she continues the video call with the pregnant woman.  Then the pregnant woman eats porridge in the kitchen of her home.  Next, the pregnant woman lies in bed, reading.  Then, she stands in the bathroom and brushes her teeth.  Then we’re in Tara’s office again, and she continues the video call with the pregnant woman. |

## [Things to look out for]

| **Audio** | **Visual** |
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| [Guitar music]  [Pregnant woman] Great, but what are the things I have to look out for at home? | The video call continues – we see the pregnant woman’s face on Tara’s computer. |
| [Guitar music]  [Midwife] Yep, things to look out for are:   * baby moving less than usual or not at all or any change in baby’s usual pattern * bleeding or fluid leaking from the vagina * a headache that doesn't go away * shortness of breath when resting or lying down * feeling like you can't cope with your symptoms at home * a temperature higher than 37.5 degrees * feeling really tired * feeling very anxious or worried * or feeling unsafe at any time.   If you have any of these things, you should get in touch with your midwife straight away. | A blue background appears, with the text heading “Things to look out for”.  The things to look out for are listed below the heading:   * baby moving less than usual or not at all, or any change in baby’s usual pattern * bleeding or fluid leaking from the vagina * headache that doesn't go away * shortness of breath when resting or lying down   The list continues on a second slide:   * feeling like you can't cope with your symptoms at home * temperature higher than 37.5 degrees * feeling really tired * feeling very anxious or worried * feeling unsafe at any time. |

## [Other things to know]

| **Audio** | **Visual** |
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| [Guitar music]  [Pregnant woman] Anything else I should know? | The video call continues – we see the pregnant woman’s face on Tara’s computer. |
| [Guitar music]  [Midwife] If you need any pain relief for anything, ask me or your GP about what’s best to take.  And stay in touch with me so that you can continue to be assessed and referred if needed. | The video call continues – we see the midwife’s face on the pregnant woman’s phone. |
| [Guitar music]  [Pregnant woman] Tara, what happens if someone goes into labour while they’re isolating? | The video call continues – the pregnant woman is now standing in her kitchen as she talks to her midwife. |
| [Guitar music]  [Midwife] They should call their midwife - we know what to do. | The video call continues – we see the midwife speaking as she sits in her office. |
| [Guitar music]  [Pregnant woman] Okay, thanks. Oh – one last question. If I’ve still got COVID when I give birth, is the baby gonna be okay? | The video call continues – we see the pregnant woman sitting on her bed while chatting. |
| [Guitar music]  [Midwife] It’s rare for babies to get COVID during the pregnancy or birth process. However, those who do get it mostly have mild symptoms or none at all.  You can breastfeed, cuddle and share a room and the antibodies from your vaccination will help protect them too. | The pregnant woman is shown holding her newborn baby in hospital. The woman is wearing a face mask.  Then she is at home, sitting in a chair in her bedroom, watching her baby sleep in its cot.  Then she is in the chair, holding her baby. |
| [Guitar music]  [Midwife] But please remember to:   * wash your hands well before touching your baby, breast pump or feeding bottles * clean and sterilise bottles and your breast pump thoroughly * wear a mask while feeding and holding your baby * try not to sneeze or cough on your baby * don't kiss or touch your baby's face, or touch your own face. | A blue background appears, with the text heading “Looking after baby when you have COVID”.  A bulleted list is shown below:   * wash your hands well before touching your baby, breast pump or feeding bottles * clean and sterilise bottles and breast pumps thoroughly * wear a mask while you’re feeding and holding your baby * try not to sneeze or cough on your baby * don't kiss or touch your baby's face, or touch your own face. |

## [Key messages]

| **Audio** | **Visual** |
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| [Guitar music]  [Pregnant woman] I can do this! I feel relieved that if I have any questions or concerns, I can just ask my midwife or GP and they’ll know what to do. | The pregnant woman stands in her bedroom, wearing a face mask and holding her baby. |
| [Guitar music] | A notecard or notepad is shown with the heading “Key messages”.  The messages are listed:   1. Tell your midwife/LMC you have COVID and are isolating. 2. Know the warning signs and let your midwife/LMC know if you have any of them. 3. Avoid lying on your tummy if you are more than 28 weeks pregnant.   The list continues onto a second screen:   1. Check with your midwife/LMC before taking pain medicines. 2. Learn how to look after baby while you have COVID. 3. Stay in touch with your midwife/LMC. |
| [Guitar music] | Credits are shown:   * Health Navigator New Zealand * Ministry of Health/Manatū Hauora   A website URL is shown:  [hn.org.nz/covid-positive-pregnant](https://www.healthnavigator.org.nz/health-a-z/c/covid-19-positive-self-isolating-when-you-are-pregnant/) |
| [Guitar music] | Text appears, which says:  Animation by:  A group of paper airplanes swirls around, and then a logo appears:  Benchmedia Infotainment & Content Solutions |