I’M PREGNANT: HOW CAN I PROTECT MYSELF FROM COVID-19?

- Wash hands frequently with soap and water
- Avoid touching your eyes, nose and mouth
- Stay at least 1 metre from others
- Wear a face mask

If you have a fever, cough or difficulty breathing, talk to your healthcare provider immediately and follow medical advice.
I'M PREGNANT: WHAT HEALTH CARE SHOULD I EXPECT DURING COVID-19?

If you have a fever, cough or difficulty breathing, talk to your healthcare provider immediately and follow medical advice.

At least four in-person visits during your pregnancy from your midwife or doctor, other visits can be done remotely.

Respectful care during birth.

Newborn care & postnatal care.

Access to family planning counseling and other sexual and reproductive health services.

Mental health care and support.

If you have a fever, cough or difficulty breathing, talk to your healthcare provider immediately and follow medical advice.

Contact information:

[Contact information provided]
I’M PREGNANT: WHAT AM I ENTITLED TO FROM MY HEALTH CARE PROVIDER WHEN I GIVE BIRTH AMID COVID-19?

- Respect and dignity
- Clear information provided to myself and my partner
- Clear communication by maternity staff
- Availability of pain relief strategies
- Mobility in labour where possible and birth position of choice

If you have a fever, cough or difficulty breathing, talk to your healthcare provider immediately and follow medical advice.
I’M A NEW MUM: CAN I BE CLOSE TO MY BABY IF I HAVE COVID-19?

Yes - close contact helps your baby to thrive. You should be supported to:

- Breastfeed early, exclusively and safely
- Hold your newborn skin-to-skin
- Share a room with your baby after birth

If you have a fever, cough or difficulty breathing, talk to your healthcare provider immediately and follow medical advice.

Supported by the Australian Government.
I’M A NEW MUM: CAN I BREASTFEED IF I HAVE COVID-19?

Yes - early, exclusive breastfeeding helps your baby to thrive.

- Wear a mask
- Wash hands before and after touching your baby
- Sneeze in your bent elbow or use a tissue to cover mouth and nose. Dispose of the tissue immediately after use
- Routinely clean and disinfect surfaces

If you have a fever, cough or difficulty breathing, talk to your healthcare provider immediately and follow medical advice.

Supported by the Australian Government

Australian Aid

Supported by the Australian Government
ARE YOU A NEW MUM? HAVE YOU RECENTLY GIVEN BIRTH? DO YOU FEEL OVERWHELMED, ANXIOUS OR NOT ABLE TO CARE FOR YOUR BABY PROPERLY?

You are not alone...

Many women experience feelings of anxiety and depression after birth and more so during COVID-19.

Do not be afraid to ask for help:

Talk to your healthcare provider about your feelings and ask for the support of family and friends.

If you have a fever, cough or difficulty breathing, talk to your healthcare provider immediately and follow medical advice.

Supported by the Australian Government.
ARE YOU STRUGGLING WITH ANXIETY AND LOW MOODS AFTER GIVING BIRTH?

Create a routine: write a to-do list, keep active and stick to a daily schedule

Do some light exercise: go for a walk with your baby or with family and friends

Maintain a healthy diet and stick to a sleep routine for you and your baby

Find activities or support groups that you can join

If you have a fever, cough or difficulty breathing, talk to your healthcare provider immediately and follow medical advice
IS CONSTANT NEWS ABOUT COVID-19 MAKING YOU ANXIOUS AND OVERWHELMED?

During this time try to:

- Only access the information you and your family need to stay informed
- Only access information from reliable sources
- Limit your time on social media

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IF YOU NEED HELP WITH YOUR MENTAL HEALTH RIGHT NOW, TRY NOT TO BE WORRIED OR AFRAID ABOUT ASKING FOR THAT SUPPORT

If you have a fever, cough or difficulty breathing, talk to your healthcare provider immediately and follow medical advice.

Call the country-specific dedicated hotline.

Visit the country-specific dedicated website.

Talk to a health professional.

If you need help with your mental health right now, try not to be worried or afraid about asking for that support.

If you have a fever, cough or difficulty breathing, talk to your healthcare provider immediately and follow medical advice.

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