

# COVID-19 - Coronavirus

## Information for you and your baby

### Visitor restrictions are now in place at all hospitals. This means:

- \* Strict visiting hours [check your hospital's website]
- \* Visitor health screening [temperature check, questions]
  - \* Social distancing at the bedside
  - \* No children aged under 16 allowed

For your clinic, monitoring or ultrasound appointments you must attend alone.

Some hospitals are offering appointments by Telehealth (phone/video). Ask your midwife.

When you go into the hospital in labour you can only have **one** support person with you. Most hospitals will not allow people to swap, so the person with you at the start can be the only person with you during your labour.

Wash your hands often. Cover your mouth and nose when sneezing. Don't touch your eyes and mouth.

If you have any concerns call the Coronavirus hotline:  
1800 675 398

When you are in the postnatal ward after the birth only your partner is allowed or one support person. Check visiting hours. No children under the age of 16 are allowed to visit.

Your **Birth for Humankind doula** can meet you once in-person before your baby is born and/or have phone/video contact, then be there for support in labour as long as there is no one else there to support you. You can only have one visitor on the postnatal ward and it must always be the same person.

