

## Coronavirus (Covid -19)

MotherSafe - Royal Hospital for Women

Updated November 2021

*Information in this leaflet is general in nature and should not take the place of advice from your health care provider. With every pregnancy there is a 3 to 5% risk of having a baby with a birth defect or developmental problem. Breastmilk provides optimum nutrition for babies and conveys many additional health benefits to mother and baby.*

Covid-19 is a respiratory illness that was first identified in December 2019 and is currently causing a worldwide pandemic. The cause of this illness is a newly discovered virus belonging to the coronavirus group (SARS-CoV-2). Information regarding this virus is continually evolving.

For specific information on Covid-19 vaccines see MotherSafe Factsheet **Covid-19 vaccines in Pregnancy and Breastfeeding**

**For information on Coronavirus while pregnant or breastfeeding, see the following resources**

1. Australian Government Department of Health. **COVID-19 vaccination decision guide for women who are pregnant, breastfeeding or planning pregnancy.** October 2021; Version 7. Available from: <https://www.health.gov.au/resources/publications/covid-19-vaccination-shared-decision-making-guide-for-women-who-are-pregnant-breastfeeding-or-planning-pregnancy> Accessed November 2021
2. The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG). **Coronavirus (COVID-19) - A message for pregnant women and their families.** August 2021. Available at <https://ranzocg.edu.au/statements-guidelines/covid-19-statement/information-for-pregnant-women> Accessed November 2021
3. The Royal College of Obstetricians and Gynaecologists, **Coronavirus (COVID-19) infection and pregnancy.** November 2021. Available at <https://www.rcog.org.uk/coronavirus-pregnancy> Accessed November 2021
4. MotherToBaby. **COVID-19.** OTIS. Organization of Teratology Information Specialists. October 2021. Available at <https://mothertobaby.org/fact-sheets/covid-19/> Accessed November 2021
5. Centers for Disease Control and Prevention (CDC), **Breastfeeding and Caring for Newborns if You Have COVID-19.** August 2021. Available at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/pregnancy-breastfeeding.html> Accessed November 2021



*NSW Medications in Pregnancy &  
Breastfeeding Service*

For more information call MotherSafe: NSW Medications in Pregnancy and Breastfeeding Service on 9382 6539 (Sydney Metropolitan Area) or 1800 647 848 (Non-Metropolitan Area) Monday -Friday 9am-5pm (excluding public holidays)