

# Maternity support for women during COVID-19

During COVID-19 restrictions in Aotearoa New Zealand, there are four important things maternity services can do to support women:\*

## Make contact early

It is important for the lead maternity carer or midwife to make contact with the woman early in pregnancy, so she can be assessed for risk factors and referred for other appointments, if needed.

## Hospitals are safe

If asking a woman to come to hospital for care or assessment, reassure them it is safe to do so, even during the COVID-19 response.

## Make safe sleep devices available

Make sure maternity units have immediate access to safe sleep devices for those who need them.



## Provide a clear discharge summary

The maternity team should provide a woman with a clear discharge summary, including:

- advice on how she will know if she is becoming unwell
- who to contact if she becomes unwell
- how to make contact.

\* The need for these reminders were identified by maternity specialists who reviewed the maternal deaths that occurred in Aotearoa New Zealand during the COVID-19 lockdown in the first half of 2020.

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*He matenga ohorere, he wairua uiui,  
wairua mutungakore*