

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



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I'M PREGNANT: WHAT HEALTH CARE SHOULD I EXPECT DURING COVID-19?



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



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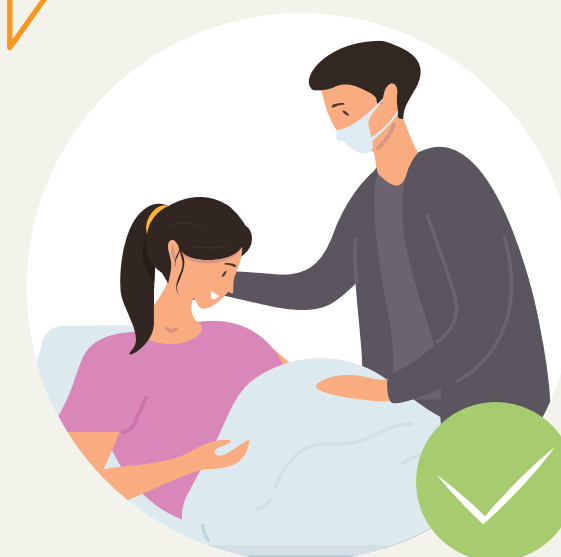
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I'M PREGNANT: WHAT AM I ENTITLED TO FROM MY HEALTH CARE PROVIDER WHEN I GIVE BIRTH AMID COVID-19?



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



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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



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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



Sneeze in your bent elbow or use a tissue to cover mouth and nose. Dispose of the tissue immediately after use



Wash hands before and after touching your baby



Routinely clean and disinfect surfaces



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



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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

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_19695

