

# Routine Swabbing For COVID-19 for Maternity Admissions

This leaflet can be made available  
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式  
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Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatkach.

## Why am I being offered a swab for covid-19?

We are now offering routine swabbing for Covid-19 (coronavirus) to ALL admissions to our maternity unit irrespective of whether or not they have symptoms.

## What does the screening involve?

The midwife will take a swab from your throat and nose.

## How long do results take to come back?

Results may take 2-3 days to come back.

## Do I have to be swabbed for covid-19?

No. We will only obtain this swab from you if you consent to this.

## What are the symptoms of covid-19?

There are a number of different symptoms reported with covid-19. These may include: cough, fever, shortness of breath, headache and loss of sense of smell.

## How do I find out my results?

If available, you will be given your results before you are discharged from hospital. If your results are still not available when you are discharged, you will be contacted by telephone **only in the event of a positive result**. Also, to note – our telephone numbers often display as 'No Caller ID' so please ensure you answer these calls in the days following your discharge.

## What should I do if I test positive for covid-19 and I am still pregnant?

If you test positive for covid-19, our team will be aware of your result, and will contact you if there are any changes required to the care that you are receiving.

It is possible that routine antenatal appointments may be rearranged for after your isolation period ends. One of our consultants will review your care and decide whether it is safe to do this.

Also, if you have tested positive for covid-19, as a precautionary approach, an ultrasound scan will be arranged for at least 2 weeks after your recovery to check that you and your baby are well.

If you have no symptoms or mild symptoms of coronavirus, you will be advised to recover at home.

It is important to note, that as per usual if you have any pregnancy related concerns during this time that you

**Telephone our maternity triage for advice on 0151 290 4489**

It is still extremely important that you contact our maternity triage if you have any concerns with regards to your baby's movements, any bleeding, if you think that your waters may have broken or any other concerns.

Please be reassured that the majority of people with covid-19 experience only mild symptoms. However, if you have more severe symptoms of coronavirus please contact NHS 111 for further advice as you may need to be treated in hospital. In the event of an emergency, please dial 999 and ensure that you inform the telephone operator that you have tested positive for covid-19.

### **What should I do if I test positive for covid-19 and have recently given birth?**

If available, you will be given your results before you are discharged from hospital. Once discharged, we will **only contact you in the event of a positive result.**

If you receive your results when you have gone home with your baby, one of our midwives will discuss the next steps with you via telephone. Your community midwife will be informed of a positive result.

As long as you and your baby remain well, you will not be required to return to the hospital, apart from routine appointments.

You should continue to perform good hand hygiene. Also, on your discharge from hospital you will have been given a leaflet called 'Coronavirus: Parent information for newborn babies'. It is also accessible online at:

<https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/04/Coronavirus-Parent-information-for-newborn-babies-leaflet-FINAL-070420.pdf>

This leaflet outlines the signs and symptoms of covid-19 in babies, how and when to access help and how to reduce your babies risk of catching covid-19.

### **What is the current advice on self-isolation?**

If you test positive for covid-19 or have symptoms, you are advised to self-isolate. This means you should stay indoors at home and avoid contact with others for 7 days.


If you live with other people, they should stay at home for at least 14 days, to avoid spreading the infection outside of your home.

Current public health guidance on self-isolation when symptomatic or positive of covid-19 advises people to:

- Not go to school, NHS settings or public areas.
- Not to use public transport
- Stay at home
- Ventilate the rooms where they are by opening a window.
- Separate themselves from other members of their household as far as possible, using their own towels, crockery and utensils, and eating at different times
- Use friends, family or delivery services to run errands, in line with the current social distancing methods. Please advise them to leave items outside

We want to reassure you that our maternity services remain open 24/7 and urge you to contact us if you have any concerns at all during your pregnancy or following the birth of your baby.

**Our maternity triage is contactable 24/7 on 0151 290 4489**



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