COVID-19:
Discharge advice for postnatal women with possible or confirmed COVID-19 infection

This leaflet will be provided by the clinical team to postnatal women, with possible or confirmed COVID-19, on their discharge from hospital.
Discharge advice for postnatal women with possible or confirmed COVID-19 infection

If you do not have access to the internet at home, please ask the staff to print this leaflet out for you

What is COVID-19?
COVID-19 is an illness caused by a new type of coronavirus. Symptoms of COVID-19 vary and can range from a mild cold or flu-like symptoms to more serious illness including pneumonia. The majority of people will only have mild symptoms and will fully recover.

Do I have COVID-19?
If you have been tested in an assessment area or when admitted into hospital, make sure you ask the staff for the result before you leave. If the result is not yet available, you should ask the staff how you will be informed of the result. If your symptoms are mild you may not have been tested but it may be assumed you have COVID-19 because this is currently the most common cause of these symptoms. You must assume that you have COVID-19 and follow all the guidance in this leaflet.

Why am I being sent home?
Your clinical assessment has determined that you can complete recovery from your current illness at home and that home is the best place for you to care for your baby. Staff will discuss the safest way to get you home.

When you get home, it is essential that you practice ‘household isolation’. This is to help you recover from your illness and limit the spread of the infection. The following advice on NHS inform (www.nhsinform.scot) explains the measures you must take:

How do I manage my symptoms at home?
The following advice sheets on NHS inform will help you manage your symptoms.

- Caring for a cough (https://bit.ly/3aE7zFG)

What if I get worse when I get home?
The majority of people with COVID-19 will gradually get better at home and make a full recovery. Certain groups have been identified as being at higher risk of developing severe illness. This includes people over 70 years of age, pregnant women, those with diabetes, chronic heart or lung conditions, those with weakened immune systems or those receiving treatment for cancer.

If your symptoms get worse at home you should:

- Call NHS 24 on 111 day or night, tell them you have been assessed as having COVID-19 and describe the symptoms, particularly if:
  - breathlessness develops or worsens
  - you have severe thirst and pee less than normal
  - feel light headed or become very weak
  - develop new or severe muscle cramps
  - your symptoms haven’t improved after 7 days
    - If you have a cough, this can last for more than 7 days. As long as your other symptoms have improved you do not need to seek extra help

- In a medical emergency call 999, particularly if:
  - you are short of breath at rest
  - your lips and tongue turn blue
  - your skin is mottled or discoloured

Will my GP practice or other care provider know that I have COVID-19?
The hospital or assessment centre will update your GP to let them know that you have been assessed for or have been admitted with COVID-19. You do
not need to phone your GP to let them know. You should phone your midwife to let them know and you can plan your postnatal care together.

**How can I help myself get better?**
Following the advice in this leaflet and on NHS inform will ensure you get help when necessary and support your recovery.

**How do I care for my baby?**
It is very unlikely that you will have passed COVID-19 to your baby. For more information on feeding and caring for your baby safely, read the following parent information leaflet on NHS inform:


End of leaflet
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Further Information

For more information on COVID-19 please see the COVID-19 guidance section of our website, [www.gov.scot/coronavirus](http://www.gov.scot/coronavirus)

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