Maternity care for mothers and babies during the COVID-19 pandemic
Flowchart: Risk assessment of suspected or confirmed COVID-19 pregnant woman

Pregnant woman with suspected or confirmed COVID-19

Perform clinical assessment

In-patient hospital care indicated?

COVID-19 designated hospital

Self-isolation (suspected or confirmed case)
- Advise to return home using personal transport (not public transport or ride sharing options)

Ongoing antenatal care
- Arrange alternate mode of antenatal care (e.g. telehealth) if care cannot be delayed
- Resume usual antenatal care after release from self-quarantine or self-isolation
- Advise to telephone maternity service if concerned

COVID-19
- Advise about standard hygiene precautions
- Provide information about COVID-19 (e.g. fact sheet), including emergency contact information
- Recommend vaccination for family and close contacts (if not already vaccinated)

Do not
- Go out to school/work/public areas or use public transport

Do
- Stay indoors at home
- Avoid contact with visitors
- Ventilate rooms by opening windows
- Separate self from other household members

Criteria for release from quarantine or isolation
- Isolate a suspected/confirmed case
- Quarantine a close contact of a suspected/confirmed case

If returning to defined restricted area
- Follow Human Biosecurity and Local Council requirements

Universal care and:
- Isolate in a COVID-19 ward (as defined by COVID-19 Hospital Network Direction)
- Follow standard infection prevention and control and requirements for PPE
- Alert midwifery/obstetric/neonatal/infectious diseases/anaesthetic teams
- Limit visitors
- Symptomatic treatment as indicated

Antenatal
- Perform necessary medical imaging
- Fetal surveillance as clinically indicated
- Maternal surveillance and SpO2

Birth
- Negative pressure room (if possible)
- Mode of birth not influenced by COVID-19 unless urgent delivery indicated
- Lower threshold for escalation of clinical concerns

Co-location of mother and baby
- Co-location recommended (if both well)
- Discuss risk/benefit with parents
- Determine need on individual basis

Feeding (breastfeeding or formula)
- Support maternal choice
- Breastfeeding recommended – not contraindicated

Risk minimisation strategies
- Inform about hand hygiene, sneeze and coughing etiquette, face mask use, close contact, social/physical distancing and precautions during baby care, sterilisation
- Recommend vaccination for family and close contacts (if not already vaccinated)

Flowchart: F20.63-1-V4-R25

SpO2: peripheral capillary oxygen saturation
Flowchart: Neonate of suspected or confirmed COVID-19 mother

**Baby born to mother with suspected or confirmed COVID-19**
(maternal COVID-19 is not itself an indication for nursery admission)

### Preparation for birth

**Attendance at birth**
- Neonatal team to attend as per usual clinical indications
- Consider resuscitation in a room outside of birthing room/theatre (to minimise staff exposure)
- Only essential equipment on resuscitaire
  - Store other equipment in accessible closed container that can be cleaned

**Transfer**
- Transport in a closed system between locations in the facility

**COVID-19 test**
- Test as per close contact protocols
- Test if other clinical indications identified (e.g. becomes unwell)

### Perform clinical assessment

**Resuscitation**
- Follow usual neonatal resuscitation recommendations
- Airborne and contact precautions required during AGP

**Assess**
- If required care can be safely provided while baby co-located with mother

**Risk minimisation**
- Advise mother about importance of risk minimisation strategies
- Visitors as per public health directives and local protocols

### Co-location with mother

- In isolation (if possible)
- Routine neonatal observations
  - Maintain awareness for symptoms of infection (e.g. fever, tachypnoea)
- Support maternal feeding choice (including breastfeeding)
- Support risk minimisation during usual mother-baby interactions
- Aim for prompt discharge

### Admit to nursery

- Nurse in incubator
- In isolation
- All usual clinical care as indicated
- PPE according to clinical care requirements
- Support maternal feeding choice

### After care

**Discharge**
- Consider usual criteria for discharge
- Identify appropriate care giver prior to discharge
- Provide advice about:
  - When to seek assistance
  - Expected clinical course
  - Follow-up for routine screening (e.g. NST)
- Notify community healthcare providers (e.g. GP, child health services, health workers) of discharge and follow-up actions required

**If quarantine to continue**
- Advise family about requirements for quarantine at home
- Routine follow-up via telehealth/telephone until release from quarantine

**Risk minimisation strategies for family**
- Hand hygiene before and after contact
- Cough or sneeze into elbow
- Face mask during baby care
- Visitor restrictions
- Cleaning/sterilising equipment and surfaces
- Vaccination of eligible family members

**Newborn Screening Test**
- Collect as per usual processes/timeframes
- If discharge into quarantine/isolation before 48 hours of age, collect NST at discharge
- After release from quarantine/isolation collect another NST at the earliest opportunity

**Flowchart: F20.63-2-V4-R25**

AGP: aerosol generating procedure, GP: general practitioner, NST: newborn screening test, PPE: personal protective equipment
Flowchart: Assessment of inpatient woman

**Respiratory symptoms**
- Cough
- Shortness of breath
- Sore throat
- Rhinorrhea
- Loss of smell or taste

**Non-resp causes of fever**
(non exhaustive list)
- Cholecystitis
- Appendicitis
- Gastroenteritis
- Urinary tract infection
- Pyelonephritis
- Endocarditis
- Mastitis
- Chorioamnionitis
- Bacterial infection
- Intrapartum
- Abscesses (e.g. dental, breast)
- Non-infectious diseases
  - Neoplasms
  - Connective tissue disease (e.g. SLE, RHD, rheumatoid arthritis)
  - Other (e.g. drug fever, thromboembolism)

**Other COVID-19 symptoms**
- Fever or history of fever
- Headache
- Fatigue
- Muscle or joint aches/pains
- Chills
- Vomiting
- Diarrhoea
- Nausea/vomiting
- Rash
- Loss of appetite

**Inpatient antenatal, intrapartum or postpartum woman with fever (no history of COVID-19)**

Has respiratory symptoms?

- **YES**
  - Test for COVID-19

- **NO**

Has temperature ≥ 37.5 °C?

- **YES**
  - Non-respiratory cause of fever identified?
    - **YES**
      - Discuss with ID consultant for further management and advice
    - **NO or UNCERTAIN**
      - Manage as a Suspected case until test result available

- **NO**
  - Non COVID-19 test
  - Usual care
  - Monitor for resp symptoms, fever and other COVID-19 symptoms

-ID: infectious diseases, ≥: greater than or equal to, non-resp: non-respiratory, resp: respiratory, RHD: rheumatic heart disease, SLE: systemic lupus erythematosus

Flowchart: F20.63-5-V3-R25
Flowchart: GDM screening and testing when local risk of COVID-19 is elevated

Risk factors for GDM
- BMI > 30 kg/m² (pre-pregnancy or on entry to care)
- Ethnicity (Asian, Indian subcontinent, Aboriginal, Torres Strait Islander, Pacific Islander, Maori, Middle Eastern, non-white African)
- Previous GDM
- Previous elevated BGL
- Maternal age ≥ 40 years
- Family history DM (1st degree relative or sister with GDM)
- Previous perinatal loss
- Polycystic ovarian syndrome
- Medications (corticosteroids, antipsychotics)
- Multiple pregnancy

Assess all women for risk factors

Risk factors or GDM clinical concerns?
- Yes
- First trimester (only) HbA1c
- No

Check FBG
- At 24–28 weeks gestation
- If clinical concerns after first trimester

If FBG ≤ 4.6 mmol/L
- OGTG not required

If FBG 4.7–5.0 mmol/L
- OGTG recommended
- If COVID-19 suspected or confirmed seek expert clinical advice
- OGTG advice for women
  - Fast (except for water) for 8–14 hours prior to OGTG
  - Take usual medications

If FBG ≥ 5.1 mmol/L
- OGTG not required

Routine antenatal care
- Unless clinical concerns

OGTT normal?
- Yes
- GDM care
- No

HbA1c first trimester only
- ≥ 41 mmol/mol (or 5.9%)

OGTT one or more of:
- Fasting ≥ 5.1 mmol/L
- 1 hour ≥ 10 mmol/L
- 2 hour ≥ 8.5 mmol/L

HbA1c (mmol/mol)
- 5.0
- 6.0
- 6.5
- 7.0
- 8.0
- 9.0
- 10.0
- 11.0
- 12.0

HbA1c (%)
- 31
- 42
- 48
- 53
- 64
- 76
- 86
- 97
- 108

GDM diagnosis
- Postnatal follow-up
  - Delay OGGT for 6 months or
  - If concerned about type 2 diabetes:
    - Continue self-monitoring
    - HbA1c at 4–6 months
    - Notify GP

BGL: blood glucose level, BMI: body mass index, DM: diabetes mellitus, FBG: fasting blood glucose
GDM: gestational diabetes mellitus, GP: general practitioner, HbA1c: glycated haemoglobin, OGTT: oral glucose
tolerance test, greater than or equal to, >: greater than

Flowchart: F20.63-7-V1-R25

Refer to online version, destroy printed copies after use
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<th>Definition</th>
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<td>AGP</td>
<td>Aerosol generating procedure</td>
</tr>
<tr>
<td>ATAGI</td>
<td>Australian Technical Advisory Group on Immunisations</td>
</tr>
<tr>
<td>CPAP</td>
<td>Continuous positive airway pressure</td>
</tr>
<tr>
<td>DFV</td>
<td>Domestic and family violence</td>
</tr>
<tr>
<td>DNA</td>
<td>Deoxyribonucleic acid</td>
</tr>
<tr>
<td>GDM</td>
<td>Gestational diabetes mellitus</td>
</tr>
<tr>
<td>HVAC</td>
<td>Heating ventilation and air-conditioning controls</td>
</tr>
<tr>
<td>ICU</td>
<td>Intensive care unit</td>
</tr>
<tr>
<td>ieMR</td>
<td>Integrated electronic medical record</td>
</tr>
<tr>
<td>LISA</td>
<td>Less invasive surfactant administration</td>
</tr>
<tr>
<td>MERS</td>
<td>Middle Eastern respiratory syndrome</td>
</tr>
<tr>
<td>MSG</td>
<td>Message</td>
</tr>
<tr>
<td>NST</td>
<td>Newborn screening test (also known as newborn bloodspot screening)</td>
</tr>
<tr>
<td>OGTT</td>
<td>Oral glucose tolerance test</td>
</tr>
<tr>
<td>PCR</td>
<td>Polymerase chain reaction</td>
</tr>
<tr>
<td>PPE</td>
<td>Personal protective equipment</td>
</tr>
<tr>
<td>RESPCR</td>
<td>Full respiratory virus polymerase chain reaction (PCR)</td>
</tr>
<tr>
<td>SARS</td>
<td>Severe acute respiratory syndrome</td>
</tr>
<tr>
<td>SOMANZ</td>
<td>Society of Obstetric Medicine of Australia and New Zealand</td>
</tr>
<tr>
<td>SpO₂</td>
<td>Peripheral capillary oxygen saturations</td>
</tr>
<tr>
<td>VOC</td>
<td>Variant of concern</td>
</tr>
<tr>
<td>VTE</td>
<td>Venous thromboembolism</td>
</tr>
<tr>
<td>VTM</td>
<td>Viral transport medium</td>
</tr>
</tbody>
</table>

Definitions

**Airborne versus droplet**

In this document airborne is used to mean very small particles which, rather than falling to the ground (as larger droplets do), can flow through the air, remain suspended for long periods or evaporate before hitting the floor leaving the solid particulate free to float long distances, and spread more widely. Dispersion is affected by more than just particle size (e.g. also by air movement/flow, humidity, temperature).

**Close contact**

Refer to definition in current Communicable Diseases Network Australia (CDNA) National Guidelines for Public Health Units Coronavirus Disease 2019 (COVID-19)¹.

**Cohorting**

Placement of patients with similar/same condition in the same physical location.²

**Coronavirus**

Broad name for a type of virus.

**COVID-19**

The disease caused by SARS-CoV-2.

**Hotspot**

Hotspots are where health officials have found a lot of people with COVID-19. Hotspots are legally listed so that people travelling from high-risk areas into Queensland can be identified.³

**Neonatal unit**

In this guideline, used to refer to the admitted baby unit of the facility (i.e. neonatal intensive care unit and/or special care nursery).

**SARS-CoV-2**

Name of virus causing COVID-19 disease.

**Self-isolation**

Used to separate ill people from those who are healthy until they are declared recovered.

**Self-quarantine**

Used to restrict the movement of a well person who may have been exposed for the period when they could become unwell (duration 14 days for COVID-19).

**Physical (social) distancing**

Staying 1.5 metres from other people and avoiding close contact. Referred to as either physical distancing or social distancing.

**Standard precautions⁴**

Follow standard precautions for infection prevention and control at all times. This is additional to other transmission precautions required during COVID-19 (e.g. contact, droplet, airborne precautions).

Standard precautions consist of hand hygiene, appropriate use of personal protective equipment, safe use and disposal of sharps, routine environmental cleaning, reprocessing of re-usable medical equipment and instruments, respiratory hygiene and cough etiquette, aseptic technique, waste management, appropriate handling of linen.
1 Introduction

Information is current at the time of publication, but new information is emerging, and this may affect recommendations. This guideline applies to women who do not require critical care.

1.1 Background

Table 1. COVID-19

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
</tr>
</thead>
</table>
| Coronavirus                   | • COVID-19 is the disease caused by SARS-CoV-2  
• SARS-CoV-2 is the name of the virus (a type of coronavirus) first identified in late 2019  
• Coronavirus is the broad name for a type of virus. There are different kinds of coronaviruses (e.g. Severe Acute Respiratory Syndrome (SARS), Middle Eastern Respiratory Syndrome (MERS))  
• New variants of concern (VOC) of SARS-CoV-2 have emerged (e.g. alpha, beta, gamma, delta, gamma) affecting transmission rates and severity of infection^5 |
| Onset                         | • Median time from onset to clinical recovery^6  
  o Mild cases approximately 2 weeks  
  o Severe or critical cases 3–6 weeks or longer  
• Post-acute symptoms related to COVID-19  
  o In one study, 25% of women had persistent symptoms 8 or more weeks after onset^7 |
| Transmission of COVID-19      | • Human to human transmission occurs predominately through respiratory droplets and aerosols from close contact with an infected person; or after contact with a contaminated surface^6  
• Evidence that COVID-19 transmission occurs in shared airspaces and engineering and heating, ventilation, and air-conditioning (HVAC) controls are essential to prevent spread  
• SARS CoV-2 has been isolated from respiratory secretions^6, serum^8, urine^9, faeces^10-12 and fomites (objects)^9  
• Vertical transmission in the third trimester reported to be approximately 3.2%^13  
  o There is a paucity of data about rates of transmission in early pregnancy^13  
  o No evidence of congenital malformation with COVID-19 infection^14  
  o Not affected by mode of birth, delayed cord clamping, skin to skin contact, method of feeding or whether rooming in occurs or not^15 |
| Physiology of pregnancy and COVID-19 | • Pregnant women do not appear at greater risk of contracting COVID-19 than the general population^16,17  
• Physiological changes of pregnancy related to the immune system may be associated with more severe disease^18,19  
• Mechanisms underlying associations with adverse outcomes are unclear^19  
  o COVID-19 may share a common pathway with pre-eclampsia or create a proinflammatory state that produces systematic endothelial dysfunction  
  o May lead to renin-angiotensin system dysfunction and vasoconstriction by binding to angiotensin-converting enzyme 2 receptors  
  o Placental fetal vascular malperfusion may contribute to fetal growth restriction, stillbirth and preterm birth |
1.2 Pregnancy outcomes and COVID-19

Although pregnant women are not more likely to contract the infection than the general population\textsuperscript{15}, COVID-19 infection during pregnancy is associated with a higher risk of severe illness and other adverse pregnancy outcomes.\textsuperscript{19} The delta VOC is dominant in Australia and the risk of adverse outcomes appears further increased with this VOC.

<table>
<thead>
<tr>
<th>Outcome</th>
<th>OR</th>
<th>CI (95%)</th>
<th>No. studies (No. women)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pre-eclampsia\textsuperscript{19}</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>With versus without COVID-19</td>
<td>1.33</td>
<td>1.03 to 1.73</td>
<td>13 (424,344)</td>
</tr>
<tr>
<td>Severe versus mild COVID-19</td>
<td>4.16</td>
<td>1.55 to 11.15</td>
<td>5 (521)</td>
</tr>
<tr>
<td><strong>Preterm birth\textsuperscript{19}</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>With versus without COVID-19</td>
<td>1.82</td>
<td>1.38 to 2.39</td>
<td>18(425,357)</td>
</tr>
<tr>
<td>Severe versus mild COVID-19</td>
<td>4.29</td>
<td>2.41 to 7.63</td>
<td>10 (1393)</td>
</tr>
<tr>
<td><strong>Caesarean birth\textsuperscript{19}</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>With versus without COVID-19</td>
<td>1.0</td>
<td>0.82 to 1.23</td>
<td>22 (429,366)</td>
</tr>
<tr>
<td>Severe versus mild COVID-19</td>
<td>1.57</td>
<td>1.32 to 1.85</td>
<td>9 (4233)</td>
</tr>
<tr>
<td>Severe vs mild COVID-19</td>
<td>2.58</td>
<td>1.64 to 4.06</td>
<td>8 (1138)</td>
</tr>
<tr>
<td><strong>Stillbirth\textsuperscript{19}</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>With versus without COVID-19</td>
<td>2.11</td>
<td>1.14 to 3.9</td>
<td>6 (413,122)</td>
</tr>
<tr>
<td><strong>Admission to ICU\textsuperscript{19}</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>With versus without COVID-19</td>
<td>4.78</td>
<td>2.03 to 11.25</td>
<td>5 (409,737)</td>
</tr>
<tr>
<td>Severe versus mild COVID-19</td>
<td>15.46</td>
<td>5.79 to 41.23</td>
<td>5 (757)</td>
</tr>
<tr>
<td><strong>Mechanical ventilation\textsuperscript{19}</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Symptomatic versus asymptomatic COVID-19</td>
<td>16.29</td>
<td>3.88 to 68.47</td>
<td>3 (1062)</td>
</tr>
<tr>
<td>Severe versus mild COVID-19</td>
<td>19.31</td>
<td>9.38 to 39.72</td>
<td>5 (962)</td>
</tr>
<tr>
<td><strong>Admission to NICU\textsuperscript{19}</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>With versus without COVID-19</td>
<td>3.69</td>
<td>1.39 to 9.82</td>
<td>10 (565)</td>
</tr>
<tr>
<td>Severe versus mild COVID-19</td>
<td>3.95</td>
<td>1.43 to 10.95</td>
<td>5 (729)</td>
</tr>
<tr>
<td><strong>Maternal death from any cause\textsuperscript{20}</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>With confirmed COVID-19</td>
<td>339</td>
<td>0.02%</td>
<td>59 (41,664)</td>
</tr>
</tbody>
</table>

**No significant difference in outcome between with versus without COVID-19\textsuperscript{19}**

- Gestational diabetes
- Fetal distress
- Chorioamnionitis
- Low birth weight
- Caesarean birth
- Postpartum haemorrhage

Odds ratio (OR) approximates risk ratio (RR) when the outcome is rare (less than 10%). OR increasingly overestimates RR as outcomes exceed 10%.
1.3 Risk factors for severe COVID-19

Table 3. Risk factors for severe COVID-19

<table>
<thead>
<tr>
<th>Risk factor for severe COVID-19</th>
<th>OR</th>
<th>CI (95%)</th>
<th>No. studies (No. women)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increased maternal age</td>
<td>1.83</td>
<td>1.27 to 2.63</td>
<td>7 (3,561)</td>
</tr>
<tr>
<td>Higher BMI</td>
<td>2.37</td>
<td>1.83 to 3.07</td>
<td>5 (3,367)</td>
</tr>
<tr>
<td>Any pre-existing co-morbidity</td>
<td>1.81</td>
<td>1.49 to 2.20</td>
<td>3 (2,634)</td>
</tr>
<tr>
<td>Chronic hypertension</td>
<td>2.0</td>
<td>1.14 to 3.48</td>
<td>2 (858)</td>
</tr>
<tr>
<td>Pre-existing diabetes</td>
<td>2.12</td>
<td>1.62 to 2.78</td>
<td>3 (3,333)</td>
</tr>
<tr>
<td>Pre-eclampsia</td>
<td>4.21</td>
<td>1.27 to 14.0</td>
<td>4 (274)</td>
</tr>
</tbody>
</table>

1.4 Vaccination

There is good real-world evidence supporting the safety of vaccination throughout pregnancy and prior to conception.\(^ {21,22} \) Vaccination reduces the risk of adverse perinatal outcomes associated with COVID-19. Pregnant women are a priority group for vaccination with mRNA vaccines (e.g. Pfizer (Comirnaty) or Spikevax (Moderna)).\(^ {23} \) Pregnant women who have already received a first dose of Astra Zeneca vaccine can receive either of the mRNA vaccines or the AstraZeneca vaccine for their second dose.\(^ {23} \)

Table 4. Vaccination

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safety</td>
<td>• Real-world evidence that vaccination is safe for women who are(^ {22} ):</td>
</tr>
<tr>
<td></td>
<td>o Pregnant(^ {22} )</td>
</tr>
<tr>
<td></td>
<td>o Breastfeeding(^ {22} )</td>
</tr>
<tr>
<td></td>
<td>o Planning pregnancy(^ {22} )</td>
</tr>
<tr>
<td></td>
<td>o Undergoing IVF(^ {24} )</td>
</tr>
<tr>
<td></td>
<td>o Known to have had COVID-19 in the past(^ {25} )</td>
</tr>
<tr>
<td></td>
<td>• No evidence that vaccination increases risk of:</td>
</tr>
<tr>
<td></td>
<td>o Spontaneous miscarriage(^ {26} )</td>
</tr>
<tr>
<td></td>
<td>o Adverse pregnancy outcomes(^ {27} )</td>
</tr>
<tr>
<td></td>
<td>• No evidence that vaccination adversely affects fertility(^ {28} )</td>
</tr>
<tr>
<td></td>
<td>• No side effects specific to pregnant women or their babies have been identified (although it is possible very rare side effects may still emerge)(^ {29} )</td>
</tr>
<tr>
<td></td>
<td>• Vaccine elicited antibodies have been found in neonatal cord blood following administration of the vaccine and in breast milk and passive immunity may be conferred(^ {15} )</td>
</tr>
<tr>
<td>Contraindications</td>
<td>• Anaphylaxis to a previous dose of mRNA COVID-19 vaccine or any component of the vaccine, including polyethylene glycol (PEG)(^ {28} )</td>
</tr>
<tr>
<td></td>
<td>• Myocarditis and/or pericarditis attributed to a previous dose of mRNA COVID-19 vaccine(^ {28} )</td>
</tr>
<tr>
<td>Timing of administration</td>
<td>• The optimal time to have the vaccine during pregnancy is not known(^ {28} )</td>
</tr>
<tr>
<td></td>
<td>• May be recommended at any stage of pregnancy(^ {23} )</td>
</tr>
<tr>
<td></td>
<td>• Follow Australian Technical Advisory Group on Immunisation (ATAGI) recommendations for dosing intervals(^ {28} )</td>
</tr>
<tr>
<td></td>
<td>• Recommend at least a 7 day interval between a dose of COVID-19 vaccine and other vaccines, including(^ {26} ):</td>
</tr>
<tr>
<td></td>
<td>o Seasonal flu vaccine</td>
</tr>
<tr>
<td></td>
<td>o Whooping cough</td>
</tr>
<tr>
<td></td>
<td>• Seek specialist advice about the timing of vaccination for women with heart conditions (e.g. rheumatic heart disease, history of pericarditis or myocarditis)(^ {30} )</td>
</tr>
<tr>
<td></td>
<td>• If history of COVID-19 infection, defer vaccination for up to six months(^ {28} )</td>
</tr>
<tr>
<td>Recommendation</td>
<td>• Routinely recommend vaccination at the earliest opportunity to women who are planning a pregnancy, are already pregnant or who are lactating</td>
</tr>
</tbody>
</table>

Refer to online version, destroy printed copies after use
1.5 Data collection

To help inform future care and understanding of the COVID-19 disease, data is needed. Specify COVID-19 related codes in the Perinatal Data Collection. Refer to Statistical Services Branch website for details of agreed codes.31

Table 5. Perinatal data collection

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
</tr>
</thead>
</table>
| Perinatal online (PNO)        | • Codes to facilitate data collection have been added to the Medical Conditions and Neonatal Morbidity sections in the data collection form  
                             | • Select the most appropriate set of codes                                    |
| Other electronic data collection systems | • Facilitate modification to code sequence as per the Queensland Perinatal Data Collection COVID-19 requirements as soon as possible  
                                          | • If system modification is delayed, manually add details to file extract where possible |
| Paper collection (MR63d)      | • Record maternal details at Medical conditions viral infections  
                             | • Record neonatal details at Neonatal morbidities                            |
1.6 Responding to the evolving COVID-19 situation

A key principle for maternity and neonatal services is to meet the needs of the woman and her family in a manner that supports public health safety requirements and minimises the risk of community transmission. Vigilant adherence to infection prevention and control recommendations is essential for maintaining low risk of transmission in the community.

Consider the following when determining the most appropriate type, mode or model of care.

Table 6. Principles of determining care

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Considerations</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Assumptions</strong></td>
<td>• Decisions about local service delivery (type, mode or model of care) in response to COVID-19 are best made at the local level and require consideration of more than just risk of contagion</td>
</tr>
<tr>
<td></td>
<td>• Definitions of “low risk” and “elevated risk” are not universal or agreed</td>
</tr>
<tr>
<td></td>
<td>• Risk occurs on a continuum</td>
</tr>
<tr>
<td></td>
<td>• Different aspects of maternity care may carry different levels of risk, so some care may be “old normal” and some care may be a “new normal”</td>
</tr>
<tr>
<td><strong>Risk of community transmission</strong></td>
<td>• Alter care delivery in response to changing risk of community transmission</td>
</tr>
<tr>
<td></td>
<td>• National and state directives relevant to COVID-19</td>
</tr>
<tr>
<td></td>
<td>• Visitor restrictions for inpatient care</td>
</tr>
<tr>
<td></td>
<td>• Public gatherings and social distancing requirements</td>
</tr>
<tr>
<td></td>
<td>• Border closures and travel restrictions</td>
</tr>
<tr>
<td></td>
<td>• Human biosecurity requirements/restricted access to remote communities</td>
</tr>
<tr>
<td></td>
<td>• HHS pandemic plans and associated declared pandemic tier status</td>
</tr>
<tr>
<td></td>
<td>• The presence of local clusters or known cases</td>
</tr>
<tr>
<td></td>
<td>• The characteristics of the local maternity population that may increase or decrease risk (e.g. high levels of obesity, smoking, co-morbidities, indigenous populations)</td>
</tr>
<tr>
<td></td>
<td>• Emerging evidence that affects recommended care delivery</td>
</tr>
<tr>
<td><strong>Individual woman’s risk</strong></td>
<td>• The COVID-19 status of the woman (e.g. confirmed or suspected COVID-19 positive, symptomatic or a contact of a confirmed or suspected case)</td>
</tr>
<tr>
<td></td>
<td>• Obstetric clinical condition–women with high risk conditions may require more frequent encounters and be better suited to face-to-face encounters</td>
</tr>
<tr>
<td></td>
<td>• Language/cultural needs in relation to type, mode or model of care</td>
</tr>
<tr>
<td></td>
<td>• Woman’s tolerance/appetite for risk and individual preferences for type, mode or model of care</td>
</tr>
<tr>
<td></td>
<td>• Digital capability (ability to engage via technology) if this is the preferred type, mode or model of care</td>
</tr>
<tr>
<td><strong>Community expectations</strong></td>
<td>• The need to offer certainty of care provision to women and their families</td>
</tr>
<tr>
<td></td>
<td>o Facilitates care planning and expectation management</td>
</tr>
<tr>
<td></td>
<td>o May assist to alleviate anxiety and fear around pregnancy and birth during the COVID-19 pandemic</td>
</tr>
<tr>
<td></td>
<td>• The emotional and physical wellbeing and safety of clinical staff</td>
</tr>
<tr>
<td></td>
<td>o Fear of transmission to self and family</td>
</tr>
<tr>
<td></td>
<td>o Emotional fatigue and exhaustion from heightened awareness and sustained exposure</td>
</tr>
<tr>
<td></td>
<td>o Personal risk factors influencing desire and ability to provide care</td>
</tr>
<tr>
<td></td>
<td>o Increased exposure to occupational violence and community fear</td>
</tr>
<tr>
<td><strong>Model of care</strong></td>
<td>• Resourced appropriately for safe care delivery (human and technological)</td>
</tr>
<tr>
<td></td>
<td>• Physical infrastructure is appropriate (e.g. supports social/physical distancing requirements)</td>
</tr>
<tr>
<td></td>
<td>• Incorporates an ongoing assessment of clinical risk to promote safety for the woman and her baby</td>
</tr>
<tr>
<td></td>
<td>• Promotes continuity of care for the woman</td>
</tr>
<tr>
<td></td>
<td>• May include</td>
</tr>
<tr>
<td></td>
<td>o Hybrid and mixed modes of delivery and partnerships (e.g. shared care via private-public arrangements, use of telehealth in combination with face-to-face encounters)</td>
</tr>
<tr>
<td></td>
<td>o Hospital or community-based delivery of care</td>
</tr>
<tr>
<td></td>
<td>• Has potential to be scaled up or down in response to changing circumstances</td>
</tr>
</tbody>
</table>
2 Maternity care during COVID-19 pandemic
This section applies to all pregnant women irrespective of COVID-19 status.

2.1 Perinatal mental health (for all women)

Table 7. Perinatal mental health

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
</tr>
</thead>
</table>
| Context         | • Pregnant women and their families are likely to experience heightened anxiety and stress related to the COVID-19 pandemic in the community\(^{34,35}\) which may be related to\(^{15}\):  
  o Increased social isolation and reduced support from family and friends  
  o Financial impact of economic downturn (e.g. loss of income)  
  o Changes or uncertainty about expected healthcare delivery (e.g. less face-to-face encounters)  
  o Limitations in the evidence about the effects of the disease in pregnancy and on the newborn\(^{34}\)  
  • Effect can be assumed irrespective of personal COVID-19 status (negative, suspected, or confirmed)  
  • The long-term mental health implications for women may lead to a significant increase in the need for services in the future |
| Strategies      | • Provide consistent information to women and their families\(^{34}\) (as is current and known at the time)  
  • Adhere to usual/standard care recommendations (e.g. woman centred care, respectful communication, consent and informed decision making)  
  o Refer to Queensland Clinical Guideline: Standard care\(^{36}\) |
| Model of care   | • Support models of care that maximise continuity (e.g. midwifery continuity of care, case management, midwife navigator, general practitioner (GP), private practice midwives)  
  • Involve cultural supports such as health worker or community organisations as required |
| Follow-up       | • Offer referral to perinatal mental health support (e.g. social work, mental health teams, peer support groups, heath worker or cultural supports)  
  • Liaise with community health practitioners (e.g. general practitioner, midwives, health worker) throughout the perinatal period  
  • Refer to perinatal mental health resources (e.g. Beyond Blue\(^{37}\), Centre of Perinatal Excellence (COPE)\(^{38}\)) |

2.2 Domestic and family violence (for all women)

Table 8. Domestic and family violence

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
</tr>
</thead>
</table>
| Context         | • Maintain awareness that domestic and family violence (DFV) may increase in association with social isolation  
  • Includes psychological, emotional and financial abuse and control as well as serious physical risk of harm and sexual abuse  
  • Refer to COVID-19: Domestic and family violence fact sheet\(^{39}\)  
  • Conduct conversations in a manner that maximises safety for the woman, especially when utilising telehealth modes of care—for example ask:  
  o Is it a good time to talk or when would be a good time to call?  
  o What mode of communication is preferred by the woman (e.g. text, email, telephone)  
  • Provide an opportunity for women to identify any changed circumstances—for example ask:  
  o What has changed for you at home during COVID-19?,  
  o How have the changes affected you and your family? |
| Risk management | • Screen all pregnant women for DFV  
  • If concerns identified, refer to social work and/or specialist DFV services |
2.3 Visiting in-patient mothers and babies

Table 9. Hospital visiting

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Visitor restrictions</td>
<td>• Refer to the most recent Queensland Health <a href="#">public health direction about hospital visiting</a> o The Chief Health Officer (in accordance with emergency powers arising from a declared public health emergency) has the authority to restrict visitors to hospitals</td>
</tr>
<tr>
<td>Information for women</td>
<td>• Advise women about the need and rationale for visitor restrictions (if they are currently required) to facilitate advance planning and manage expectations for care</td>
</tr>
<tr>
<td></td>
<td>• Provide information to women, their partners and other visitors about infection prevention and control measures (e.g. hand-hygiene, mask and gown use (if these are required))</td>
</tr>
<tr>
<td>During labour and birth</td>
<td>• Consistent with public health directions identified above, if visiting restrictions apply to the woman or her support people: o Consider risk and benefit of individual circumstances o Support the woman to identify an appropriate support person o Requiring the woman to labour and birth without a support person not recommended</td>
</tr>
</tbody>
</table>

2.4 Home visiting during COVID-19 pandemic (for all women)

Table 10. Home visiting during COVID-19 pandemic

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
</tr>
</thead>
<tbody>
<tr>
<td>General principles</td>
<td>• Use clinical judgement and consider individual circumstances when determining most appropriate model of healthcare delivery (i.e. is a home visit necessary) o Hybrid models of care delivery (e.g. combination of telehealth, phone support and home visit) may assist in minimising contact duration</td>
</tr>
<tr>
<td></td>
<td>• Use advance planning to identify and: o Prepare for the care likely to be required during the home visit o Minimise equipment to be taken into the home o Maintain infection prevention and control standards ▪ Hand hygiene ▪ Disposal of consumables ▪ Equipment cleaning ▪ Physical (social) distancing</td>
</tr>
<tr>
<td>Pre-visit assessment</td>
<td>• Prior to entering the woman’s home, assess the clinical status and social circumstances of the woman and other residents at the home (e.g. by phone, telehealth)</td>
</tr>
<tr>
<td></td>
<td>• Use standard home visiting risk assessment tools and additionally ask: o Do any residents or visitors have symptoms of COVID-19? o Are any residents or visitors in self-quarantine/isolation? o Are there additional safety issues for the healthcare provider and/or the woman that may arise/be exacerbated by the COVID-19 pandemic or the home visit (e.g. domestic and family violence, alcohol or substance use, high mobility of household residents)?</td>
</tr>
<tr>
<td></td>
<td>• If risk of transmission or safety concerns identified, postpone home visit o Reschedule/make alternative arrangements as required</td>
</tr>
<tr>
<td>During visit</td>
<td>• If the woman and other home residents asymptomatic and not in self-isolation/quarantine, personal protective equipment (PPE) (related to COVID-19 transmission) is not required o Refer to Section 3.4 Personal protective equipment o Maintain physical (social) distancing (1.5 metre from the woman) during the visit where possible (e.g. ask other family members to leave the room during visit) o Follow standard infection prevention and control recommendations as required for usual care o Refer to Definitions: Standard precautions</td>
</tr>
</tbody>
</table>
### 2.5 Specific recommendations for maternity care (for all women)

#### Table 11. Specific considerations for maternity care

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
</tr>
</thead>
</table>
| **Antenatal education**                   | • If local risk assessed as low, offer online, face-to-face or mixed mode antenatal education  
• Face-to-face sessions may be preferred and more appropriate for some women  
• Consider holding face-to-face sessions in community locations (rather than hospital settings)  
• Maintain physical distancing/consider reduction in participant numbers during face-to-face sessions  
• If local risk assessed as elevated, recommend online antenatal education and consider additional supports, (e.g. group/individual sessions via online platforms, static web resources, email contact, support groups, telehealth appointments or mobile phone that can receive MSG documents) |
| **Antenatal schedule (including lactation services)** | • Assess the individual circumstances of each woman and tailor the number, type and schedule of antenatal encounters  
• If local risk assessed as low, follow usual recommended schedule of antenatal care  
• If local risk assessed as elevated, reduce the number of face-to-face encounters  
• Refer to Appendix A: Modified schedules for low-risk women during COVID-19  
• To avoid additional visitations, schedule/reschedule face-to-face encounters with multiple health care providers, to occur on the same day  
• Consider community-based locations (rather than hospital settings) for antenatal care services |
| **Routine ultrasound**                    | • If local risk assessed as low, follow usual recommended schedules according to clinical circumstances  
• If local risk assessed as elevated  
  • Refer to Appendix A: Modified schedules for low-risk women during COVID-19  
• If clinical concerns, use clinical judgement and seek expert advice |
| **Routine vaccinations**                  | • Irrespective of local risk status, recommend routine vaccinations for whooping cough and influenza to pregnant women |
| **Gestational diabetes mellitus (GDM)**   | • If local risk assessed as low, recommend oral glucose tolerance test (OGTT) as the gold standard for screening and diagnosis of GDM and for postnatal follow-up  
• If local risk assessed as elevated, refer to Flowchart GDM screening and testing when local risk of COVID-19 is elevated  
  • These recommendations are consistent with the Australian Diabetes in Pregnancy Society (ADIPS) for use when local risk assessed as elevated  
  • Refer to the Queensland Clinical Guideline: FAQ GDM screening and testing during COVID-19 pandemic  
• Optimise haemoglobin prior to birth to minimise morbidity associated with blood loss and the subsequent need for blood products (which may be in short supply during the pandemic)  
• Refer to Lifeblood Australian Red Cross Lifeblood Maternity Blood Management |
| **Maternal haemoglobin**                  | • Women with co-morbidities (e.g. obesity, gestational diabetes, pre-eclampsia) may be at increased risk for severe COVID-19 disease  
  • Seek expert clinical advice early in the pregnancy to plan care  
  • Refer to the Royal College of Obstetricians and Gynaecologists Guidance for maternal medicine in the evolving coronavirus (COVID-19) pandemic  
• First Nations communities and other vulnerable groups may be more severely impacted  
  • Involve appropriate cultural supports as required |
3 Risk management (for all women)

3.1 Risk containment

Table 12. Containment and risk minimisation

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
</tr>
</thead>
</table>
| Containment | • Aims to slow the spread of the virus, reduce peak demand on health care services and allow care to be provided to more women and their families during the outbreak\(^{47}\)  
• For women self-identifying with symptoms or confirmed COVID-19:  
  o Screen before arrival (e.g. by phone, telehealth)  
  o Use standardised assessment forms (e.g. COVID-19 screening assessment\(^{48}\))  
  o Triage in a location separate from usual admission/assessment routes  
  o Provide and recommend use of surgical face mask to woman at face-to-face contact |
| Infection prevention and control | • Follow Queensland Health recommendations and public alerts\(^{49}\) for infection prevention and control, isolation, specimen collection; use of personal protective equipment (PPE) and airflow HVAC protections |
| Risk minimisation strategies (for all women) | • Recommend and inform women and their families about:  
  o Hand hygiene with soap and water for 20 seconds or with alcohol-based hand sanitiser/gel  
  o Coughing and sneezing into elbow  
  o Physical (social) distancing (stay 1.5 metres from other people) and avoid close contact  
  o Using dedicated personal equipment and resources  
  o Cleaning and sterilisation of surfaces and equipment  
  o Rationale for visitor restrictions (to reduce potential for spread of virus)  
  o Importance of risk minimisation strategies for postnatal baby care  
  o Importance of vaccination for household and close contacts 12 years or older |

3.2 Risk assessment

Table 13. Risk assessment

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
</tr>
</thead>
</table>
| Risk factors | • Signs and symptoms of acute respiratory infection  
  o After exposure: mean incubation 4–5 days, range 1–14 days\(^{6}\)  
  o Asymptomatic to very severe manifestation reported\(^{16,35}\)  
  o Close contact with a confirmed or suspected case  
  • Interstate (particularly identified "hotspots"\(^{3}\), international travel or cruise ship voyage within last 14 days |
| Frequency of reported symptoms in pregnant women\(^{40}\) | | Sign/symptom | Frequency (%) n=926 |
| Frequency of reported symptoms in pregnant women\(^{40}\) | | Cough | 40.4 |
| | | Fever | 32.4 |
| | | Asymptomatic | 31.9% |
| | | Fatigue | 20.6 |
| | | Loss of sense of smell/taste | 17.8 |
| | | Muscle or joint pain | 16.0 |
| | | Shortness of breath | 15.8 |
| | | Headache | 13.1 |
| | | Sore throat | 9.0 |
| | | Nausea/vomiting | 5.2 |
| | | Other (sputum production, nasal congestion headache, loss of appetite, rash, nausea) | 8.8 |
### 3.3 Testing

Table 14. Testing

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Indications</strong></td>
<td>• Follow current recommendations regarding criteria and indications for COVID-19 testing¹</td>
</tr>
</tbody>
</table>
| **Sample collection** | • Follow PPE recommendations for specimen collection⁵¹  
• Collect a single nasopharyngeal and oropharyngeal swab (use same swab for both sites⁵²)  
• If productive cough, collect sputum (contains highest viral loads)⁵²  
• Serology only at public health unit direction (rarely indicated)                                                                                       |
| **Request form**  | • NCVPCR is the Queensland Pathology request code for COVID-19 naso and oral swab (including via ieMR)⁵²  
• If suspicion of other respiratory virus (e.g. rhinovirus, influenza) also request ‘Respiratory Virus PCR, GeneXpert test–FluA/FluB/RSV SARS-CoV-2 (COVID-19) GeneXpert may be available in some locations  
  o May be useful where a timely result will significantly impact early management decisions  
  o Follow local protocols for approval to request (not directly orderable in ieMR)                                                                  |
| **Notifications** | • COVID-19 is a controlled notifiable condition²  
  o Notifiable to the chief executive (via the local public health unit) on provisional and clinical diagnosis, pathology request and pathological diagnosis  
• Notify key healthcare providers of COVID-19 test result including infection control services and frontline staff²  
  o Include other health care providers as recipients of result on request form (e.g. GP)  
  o If no GP, recommend the woman contacts a local GP/medical centre to arrange follow-up                                                                 |
| **After test advice** | • If testing occurs in the outpatient setting and in-patient care is not required  
  o Inform the woman that the local public health unit will follow-up and make contact with her  
  o Advise to self-isolate until test results are available  
  o Refer to COVID-19 coronavirus information for Queenslanders⁵³  
• Refer to Section 3.5 Self-quarantine/isolation                                                                                                                |
### 3.4 Personal protective equipment

Table 15. Personal protective equipment

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Standard precautions</strong></td>
<td>• Follow standard precautions[^4] [refer to Definitions] in addition to other transmission precautions</td>
</tr>
<tr>
<td><strong>Droplet and contact</strong></td>
<td>• Droplet and contact precautions consist of[^2]: &lt;br&gt; o Surgical mask</td>
</tr>
<tr>
<td></td>
<td>o Long-sleeved fluid resistant gown</td>
</tr>
<tr>
<td></td>
<td>o Gloves</td>
</tr>
<tr>
<td></td>
<td>o Eye protection (face shield or goggles)</td>
</tr>
<tr>
<td><strong>Airborne and contact precautions</strong></td>
<td>• Airborne and contact precautions consist of[^2]: &lt;br&gt; o Fit tested P2 or N95 face mask</td>
</tr>
<tr>
<td></td>
<td>o Long sleeved fluid-resistant gown</td>
</tr>
<tr>
<td></td>
<td>o Gloves</td>
</tr>
<tr>
<td></td>
<td>o Eye protection (face shield or goggles)</td>
</tr>
<tr>
<td><strong>Shoe/shoe cover</strong></td>
<td>• Wear shoes that are impermeable to liquids[^54]</td>
</tr>
<tr>
<td></td>
<td>• Recurrent use of shoe covers is not recommended as repeated removal is likely to increase the risk of contamination[^54]</td>
</tr>
<tr>
<td><strong>Head covers</strong></td>
<td>• Not required[^2]</td>
</tr>
<tr>
<td><strong>Recommendation for PPE selection</strong></td>
<td>• Follow recommended [PPE escalation guidance][^55] during periods of low, moderate and high risk of community transmission of COVID-19 (as defined in the guidance)</td>
</tr>
<tr>
<td></td>
<td>• As per Queensland Health recommendations[^2] &lt;br&gt; o Undertake risk assessment considering the type of patient interaction, risk of transmission of the infectious agent and the risk of contamination of healthcare worker skin/mucous membranes by patients’ blood, body substances, secretions or excretions and how long the PPE is likely to be worn</td>
</tr>
</tbody>
</table>
### 3.5 Self-quarantine/isolation

#### Table 16. Self-quarantine/isolation

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
</tr>
</thead>
</table>
| **Definitions**         | • Self-quarantine  
  o Used to restrict the movement of a well person who may have been exposed for the period when they could become unwell (duration 14 days for COVID-19)  
  • Self-isolation  
  o Used to separate ill people from those who are healthy until they are declared recovered                                                                                                                                                                                                                                                                                                                                                                                                 |
| **When to recommend**   | • Follow recommendations as specified in the current [Communicable Diseases Network Australia (CDNA) National guidelines for public health units Coronavirus Disease 2019 (COVID-19)](https://www.cdna.org.au/Covid19PublicHealthGuidelines)\(^1\)                                                                                                                                                                                                                                                                                                                                                                                                 |
| **Advice for self-quarantine/isolation** | • Refer to [Queensland Health COVID-19 self-isolation requirements](https://www.health.qld.gov.au/covid-19/self-isolation)\(^56\)  
  • Do not  
  o Go out (e.g. to school, work, public areas or use public transport) except to obtain essential medical care, medical supplies (where these cannot be delivered), or to avoid injury, illness or to escape a risk of harm  
  o Do not have visitors to the home  
  • Do  
  o Return home using personal transport (not public transport or ride sharing options)  
  o Stay indoors at home  
  o Separate self from other household members (use own bed, bathroom, towels, crockery and utensils as is feasible)  
    ▪ Self-quarantine: separation as much as possible  
    ▪ Self-isolation: strictly avoid contact, or reside only with other positive cases  
  o Ventilate rooms by opening windows  
  o Avoid contact with all visitors to the home  
  • If directed by a healthcare provider to leave the house (e.g. attend an appointment) wear a face mask  
  • To contact health professional if any concerns  
  o Provide contact details including 13HEALTH (13 43 25 84) and for local maternity service  
  • To keep in touch with family and friends via non-direct contact methods (e.g. telephone, video telephony applications) to minimise feelings of isolation                                                                                                                                                                                                                                                                                                                                                                                                 |
| **Care provision in the home** | • Avoid face-to-face contact until released from isolation/quarantine  
  • Resume scheduled healthcare after self-quarantine/isolation complete  
  • If healthcare cannot be delayed, individually assess the need for hospital admission\(^15\)  
  • Recommend mother and baby remain co-located in the home during self-quarantine/isolation                                                                                                                                                                                                                                                                                                                                                                                                               |
| **PPE**                 | • If face-to-face contact with the woman during self-isolation/quarantine is essential, use droplet, contact and standard precautions\(^2\)  
  o Surgical mask, long-sleeved fluid resistant gown, gloves and eye protection (face shield or goggles)                                                                                                                                                                                                                                                                                                                                                                                                 |
| **Risk minimisation**   | • Provide information about infection prevention and control practices that can prevent transmission of COVID-19\(^1\)  
  o Refer to Table 12. Containment and risk minimisation  
  • Refer to Queensland Clinical Guideline: Parent information:  
    o COVID-19 in pregnancy\(^57\)  
    o COVID-19 and breastfeeding\(^18\)                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
### 4 In-hospital maternity care (if suspected or confirmed COVID-19)

For women with severe COVID-19 disease requiring Intensive Care Unit (ICU) admission or ventilation, consult with multi-disciplinary experts and individualise care.

Table 17. In hospital maternity care

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
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</table>
| **Retrieval or transfer** | - If transport or retrieval required, follow usual protocols/processes/criteria to arrange  
- If COVID-19 positive, provide care in a designated COVID network hospital (as per schedule 2 of the Designated COVID-19 Hospital Network Direction) |
| **On admission** | - Follow Queensland Health recommendations for inpatient infection prevention and control, isolation, specimen collection and PPE use  
- Use single rooms and negative pressure rooms (unless extraordinary circumstances) with air purifiers in a room with a closed door  
- If cohorting of confirmed cases is required, follow Queensland Health guidance and recommendations for patient placement  
- Alert obstetric/midwifery/neonatal/anaesthetic/infectious diseases teams of admission  
- Review the woman’s psychological and emotional needs |
| **Treatment** | - A rapidly evolving area—refer to National COVID-19 Clinical Evidence Taskforce for latest information/recommendations |
| **Management** | - Directed by signs and symptoms, and severity of illness  
  - Anti-pyrexic medicines, anti-diarrheal medicines, intensive care unit admission  
  - Minimise maternal hypoxia  
  - Oxygen therapy as indicated to maintain target SpO2 of 92–95%  
  - Consult with infectious diseases/microbiology regarding empiric antibiotic therapy for superimposed bacterial pneumonia (rare)  
  - Monitor and maintain fluid and electrolyte balance  
  - Aim to maintain a neutral fluid balance in labour and avoid fluid overload |
| **Venous thromboembolism (VTE) risk** | - For women with suspected or confirmed COVID-19, recommend VTE prophylaxis (antenatal and postpartum) unless there is a contraindication (e.g. risk of major bleeding)  
  - Pregnancy is a state of increased risk for VTE  
  - Patients with COVID-19 reported to have an additional procoagulant state compared to other hospitalized patients, including activation of coagulation through various infectious and inflammatory mechanisms  
  - Reduced mobility resulting from self-isolation at home or from admission may also increase risk  
  - Refer to Queensland Clinical Guideline: Venous thromboembolism prophylaxis (VTE) in pregnancy and the puerperium |
### 4.1 In-hospital antenatal care (if suspected or suspected COVID-19)

Table 18. Antenatal care while inpatient

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
</tr>
</thead>
</table>
| **Clinical surveillance** | • In addition to usual maternal and fetal antenatal observations, monitor SpO₂  
  • Fetal surveillance as clinically indicated  
  • Routine investigations/procedures as clinically indicated (do not delay due COVID-19)                                                                                      |
| **Medical imaging** | • Do not delay necessary medical imaging because of concerns about fetal exposure  
  ○ Apply radiation shield over the gravid uterus  
  • Ultrasound scan for fetal wellbeing as indicated and after resolution of acute symptoms  
  • If positive COVID-19 result occurs in first trimester, consider a detailed morphology scan at 18–24 weeks  
  ○ No evidence of congenital malformation with COVID-19 infection In the setting of maternal fever in general, there is mixed data about the risk of congenital abnormalities during embryogenesis |
| **Antenatal corticosteroids** | • Currently insufficient evidence to alter usual indications/recommendations when given for fetal lung maturity  
  ○ Mixed reports about outcomes, with design limitations affecting generalisability to administration for fetal lung maturity  
  • For women with severe COVID-19 disease requiring ICU admission or ventilation, consider individual circumstances and consult with multidisciplinary experts |
| **Magnesium sulfate** | • No evidence to alter usual indications/recommendations  
  ○ Consider need for conservative fluid management with COVID-19 |
| **Tocolytics**    | • Nifedipine may be beneficial in COVID-19 due to similarities between efficacy in treatment of high altitude pulmonary oedema and lung manifestations of COVID-19  
  • Non-steroidal anti-inflammatory drugs (e.g. indomethacin) use in setting of COVID-19 has raised concern, however there is no current data to suggest use should be altered  
  • Avoid betamimetics in women with COVID-19 as may exacerbate maternal hypotension, tachycardia and pulmonary oedema |
### 4.2 Labour and birth (if suspected or confirmed COVID-19)

Table 19. Labour and birth

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
</tr>
</thead>
</table>
| **Mode and setting** | *A positive COVID-19 result *without other indications* is not an indication to expedite birth  
*Decision for mode of birth not influenced by positive COVID-19 result (unless urgent birth indicated)* \(^70\)  
*Support the principles of normal birth* \(^71\)  
  - Refer to Queensland Clinical Guideline: *Normal birth*  
  - Discuss risks and benefits of care with the woman and her family  
*Use a negative pressure room (if possible) for labour and birth  
*If unavailable, use single room with air purifiers and door closed and consult with infection control team  
*Inform obstetric consultant and anaesthetic, theatre and neonatal teams of admission to birth suite* |
| **Caesarean section** | *If elective caesarean has been planned, individually assess urgency  
*General anaesthetic for standard indications* |
| **Fetal monitoring** | *No evidence linking asymptomatic COVID-19 infection to fetal compromise  
*Discuss the options for fetal monitoring in labour with women  
*If symptomatic, recommend continuous electronic fetal monitoring* \(^15\)  
*If asymptomatic, recommend continuous electronic fetal monitoring for usual indications (i.e. not indicated for COVID-19 alone)* \(^15\)  
*Apply fetal scalp electrode (FSE) and perform fetal blood sampling (FBS) for usual indications  
  - If FBS or FSE is considered, weigh the possible (small but unquantifiable) risk of fetal transmission against known benefits of improved assessment of fetal wellbeing* \(^72\) |
| **Neuraxial blockade** | *No evidence that neuraxial blockade is contraindicated in the presence of COVID-19  
*Recommend neuraxial blockade before/early in labour to minimise need for general anaesthesia if urgent birth required* \(^15\) (intubation is considered an AGP) |
| **Nitrous oxide** | *Currently insufficient and conflicting information about cleaning, filtering and AGP potential in the setting of COVID-19* \(^15,73\)  
*For reasons of healthcare provider protection, avoid use by women with suspected or confirmed COVID-19  
*If nitrous oxide is offered, recommend face mask rather than mouthpiece (to reduce exhalation dispersion) and use the following circuits recommended by Queensland Health Biomedical Technology Services* \(^74\):  
  - Where a scavenger system is available, the Equinox® Advantage Analgesia Circuit–MC/4003  
  - Where a scavenger system is not available, the Equinox® Advantage Analgesia Circuit–MC/4001  
  - Refer to Appendix B: *Recommended nitrous oxide circuits* |
| **Second and third stage** | *Advise the woman to wear a surgical mask (if tolerated)  
*Routine maternal observations including oxygen saturation* \(^15\)  
*No evidence that delayed cord clamping increases risk of infection to the newborn* \(^15\)  
*Manage placental tissue as per usual infectious human tissue protocols  
  - Discuss restrictions with women prior to birth to assist management of expectation for care (e.g. if the woman was intending to bury/take the placenta home)* |
| **Clinical emergencies** | *Donning of PPE takes time, therefore, to facilitate a rapid response to a clinical emergency, consider:  
  - Neuraxial blockade early in labour (to avoid need for general anaesthetic)  
  - Lowering the threshold for escalation of clinical concerns  
  - Early notification to operating room team (e.g. if PPH)* |
### 4.2.1 Water immersion and waterbirth (if suspected or confirmed COVID-19)

Table 20. Water immersion and birth

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
</tr>
</thead>
</table>
| **Context**      | - SARS-COV-2 has been detected in faeces\(^{10-12}\) but there is no evidence that this has resulted in faecal-oral spread  
- There is a small (but unquantifiable) risk that water contaminated with faeces could pose an infection risk to the baby and/or to staff\(^{75}\) caring for the woman\(^{15}\)  
- Women who are symptomatic of COVID-19 require close surveillance (including vital signs and oxygenation levels) and this may be better provided on land\(^{15}\)  
- The integrity of PPE can become compromised when wet\(^{75}\)  
- Follow usual protocols for individual risk assessment, infection prevention and control, and workplace health and safety procedures |
| **Evidence summary** | - There is insufficient evidence to make firm recommendations about water immersion/birth  
- Professional organisations have differing views and recommendations\(^{15,75-77}\)  
  - Focus is on differing populations of pregnant women (e.g. all women, only if high risk of community transmission, symptomatic versus asymptomatic)  
  - Have varying applicability/relevance to Queensland  
  - All opinion based due to paucity of evidence |
| **Asymptomatic women** | - Queensland consensus recommendation  
  - If waterbirth or water immersion is requested by a woman who is asymptomatic with suspected or confirmed COVID-19  
    - Perform a risk assessment (for the woman and the staff)  
    - Take into account individual circumstances and the preferences of the woman and the staff providing care  
  - If water immersion/birth is offered, waterproof PPE is required |
| **Symptomatic women** | - Queensland consensus recommendation (informed primarily by the need for close surveillance and the potential for rapid deterioration)  
  - For women who are symptomatic with suspected or confirmed COVID-19  
    - Water immersion is not recommended  
    - Waterbirth is not recommended |
### 4.3 Postnatal care (if suspected or confirmed COVID-19)

#### Table 21. Postnatal care

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
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</table>
| **Co-location of mother and baby** | • Co-location (rooming in) of well mother and well baby is recommended  
  o Determine need on individual basis considering for example, disease severity, parental preferences, psychological wellbeing, other clinical criteria\(^{35}\)  
  • Support vigilant risk minimisation strategies (e.g. hand hygiene, use of face mask) during feeding and other close mother-baby interactions |
| **Risk minimisation**   | • Provide information and education on strategies to use during usual mother-baby interactions (e.g. skin to skin, holding, cuddling, nappy change, feeding)  
  o Refer to Table 12. Containment and risk minimisation  
  • Discuss risks and benefits of close contact versus postnatal separation with parents\(^{35}\) (including discharge home of well baby if mother requires continued in-hospital care)  
  • No evidence to support washing of maternal or baby skin before initial contact or breastfeeding as a risk minimisation strategy  
  • Consult with clinical experts as required |
| **Feeding choice**      | • Provide usual support for maternal feeding preferences  
  • Breastfeeding is supported and is not contraindicated  
  o No detectable viral RNA found in breast milk\(^9\)  
  • Provide dedicated equipment\(^{35}\) and follow usual sterilisation standards for both breastfeeding equipment (e.g. breast pump) and for infant formula preparation and feeding equipment |
| **Expressed breast milk (EBM)** | • Support and encourage mother to express breastmilk (if feeding preference)  
  • Instruct and support adherence to infection prevention and control measures  
  o Hand hygiene  
  o Equipment cleaning and sterilisation (use dedicated breast pump)  
  o Wearing of face mask (as risk of transmission is unknown)  
  o Wipe outside of container with disinfectant wipe and allow to dry\(^{78,79}\) (evidence limited)  
  • Milk bank: pasteurisation destroys other coronaviruses\(^80\), but it is unknown if this applies to SARS-CoV-2 |
| **Discharge**           | • Consider usual discharge criteria  
  • If requirements for self-isolation/quarantine are not complete at discharge  
  o Inform the woman about the requirements for completing self-isolation/quarantine at home  
  o Notify local public health unit of a discharge requiring ongoing quarantine/isolation  
  • If women, their babies and/or support people are returning to defined restricted areas under the Human Biosecurity Act:  
  o Refer to Chief Health Officer public health directions\(^81\)  
  o Involve local cultural supports (e.g. health worker, Aboriginal and Torres Strait Islander Medical Services) to facilitate delivery of clinical and psycho-social postpartum care during self-isolation/quarantine  
  • Refer to Appendix A: Modified schedules for low-risk women during COVID-19 |
5 Newborn care

For babies born to mothers who are not suspected or confirmed COVID-19, provide usual recommended newborn care.

5.1 General principles (for all babies)

Table 22. General principles

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
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</table>
| **Transmission** | • Maintain high index of suspicion for signs of sepsis/unwell baby  
  • Vertical transmission in the third trimester reported to be approximately 3.2%\(^{13}\)  
  o Refer to Section 1.1 Background  
  • Babies are at risk of infection from a mother’s respiratory secretions after birth\(^{82,83}\)  
  • Perinatal exposure may be possible via maternal stool\(^{10-12}\) |
| **Organisation of neonatal unit areas** | • If possible, identify three separate areas within the neonatal unit  
  • One each for babies:  
    o With proven COVID-19  
    o Suspected COVID-19/close contact  
    o No risk or suspicion of COVID-19  
  • If separate areas not possible, nurse babies who are contacts of a positive COVID-19 person, or who are suspected COVID-19 cases, or who are confirmed COVID-19 cases in a single room  
  • Nurse babies suspected or confirmed COVID-19 in an incubator |
| **Principles of visitor management** | • Follow public health directives and local visiting protocols  
  o Refer to Table 9. Hospital visiting  
  • Facilitate use of video to mitigate loss of family contact\(^{84}\) |
| **Newborn screening test (NST)** | • Collect the newborn screening test according to usual processes and within usual timeframes whenever possible  
  • If baby is discharged from hospital into quarantine or isolation before 48 hours of age, collect an NST at the time of discharge  
  o After release from quarantine or isolation has occurred, collect another NST at the earliest opportunity  
  • Notify GP if follow-up actions required |
### 5.2 Risk management (baby of suspected or confirmed COVID-19 mother)

Table 23. Risk management

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
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</table>
| **Risk assessment** | • A baby born to a mother with suspected or confirmed COVID-19 is considered a close contact of the mother (even if separated from the mother at birth) and requires 14 days of quarantine and infection prevention and control precautions  
  o This is irrespective of any subsequent negative test result for the baby within the 14 days of quarantine  
  o Baby can be co-located with mother (who requires isolation)  
  • When mother is no longer considered infectious for COVID-19 the baby can be released from quarantine if:  
    o Mother is the only person to have cared for baby in the 14 days from last exposure or  
    o Healthcare workers assisting the mother or providing direct care for the baby during the quarantine, have adhered to standard, contact and droplet precautions and  
    o Father or another carer providing care during the quarantine, has worn a surgical mask, observed hand hygiene and promptly changed clothes that became soiled with baby bodily fluids |
| **Well term baby and well mother** | • Baby is well (term or near-term gestation) and mother is well  
  o Co-locate with mother in a single room OR  
  o Discharge home  
  o PPE: Droplet and contact precautions |
| **Unwell baby without respiratory support** | • Baby requiring neonatal unit admission without respiratory support  
  o Single room  
  o Closed incubator/cot  
  o PPE: Droplet and contact precautions |
| **Unwell baby with respiratory support** | • Baby requiring neonatal unit admission with respiratory support (or critically unwell and likely to require respiratory support)  
  o Negative pressure room (if available)  
  o Closed incubator/cot  
  o PPE: Airborne and contact precautions |
| **Baby with confirmed COVID-19** | • Babies are known to be significant shedders of respiratory viruses\(^\text{85}\)  
  • A confirmed COVID-19 positive baby may or may not require care within neonatal unit  
  • Follow PPE precautions appropriate to clinical situation as above |
5.3 Initial care (baby of suspected or confirmed COVID-19 mother)

Table 24. Baby of suspected/positive COVID-19 mother

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
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</thead>
</table>
| Neonatal team attendance at birth   | • Assign a dedicated neonatal team member to attend the birth according to usual clinical indications (i.e. not required for reason of suspected or confirmed COVID-19 mother alone)  
  • To minimise healthcare provider exposure  
    o Experienced/senior clinician to attend in the first instance  
    o Don PPE in an adjacent area and wait outside birthing area until/if required  
    o Consider if neonatal stabilisation/resuscitation in a room outside of the birthing room/theatre is appropriate |
| Resuscitation                       | • Minimise equipment on resuscitation cot to essential items  
  o Place extra equipment anticipated to be required in sealed plastic bags  
  • The use of additional barriers (e.g. placing baby under plastic sheet) for the purpose of COVID-19 infection control, is not currently supported by the Australian Society of Anaesthetists as may inadvertently increase the risk of transmission  
  o Follow usual indications for the use of plastic/polyethylene bags during neonatal resuscitation  
  • Follow standard neonatal resuscitation recommendations  
    o Refer to Queensland Clinical Guideline: Neonatal resuscitation  |
| Admission to neonatal unit          | • COVID-19 positive mother (i.e. no other neonatal criteria), is not itself an indication for admission to a neonatal unit  
  • Perform clinical assessment after birth as per usual assessment protocols  
  • Assess if required care can safely be provided during co-location with mother (preferred option)  
  • Follow usual clinical criteria, processes and protocols relevant to admission  
  • Refer to Table 23. Risk management |
| Transport                           | • Where feasible, transport baby in a closed system between locations in the facility  
  • Plan the transport route in advance  
  • Consider use of a:  
    o Dedicated elevator  
    o “Runner” to open doors and clear obstacles |

5.4 Newborn COVID-19 testing

Table 25. Newborn testing

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
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</thead>
<tbody>
<tr>
<td>Context</td>
<td>• Low sensitivity of the test (i.e. number of false negatives) may be of greater concern than low specificity of the test (i.e. number of false positives) therefore a positive result may be more clinically informative than a negative result</td>
</tr>
</tbody>
</table>
| Timing of test (if indicated)       | • Test 12–24 hours after birth (earlier is likely to reflect maternal infection)  
  • Undertake subsequent testing as indicated |
| Sample collection                   | • Collect nasopharyngeal and oropharyngeal swab  
  o Single swab for both sites  
  o If intubated, collect endotracheal aspirate  
  • Individually assess and seek expert advice as to whether other specimens (e.g. faeces, blood) should be collected and/or stored for later testing  
  • Refer to Table 14. Testing |
5.5 Neonatal respiratory support (if COVID-19 suspected or confirmed)

Table 26. respiratory support management

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
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</table>
| Aerosol generating procedures (AGP) | • Evidence for risk of aerosol transmission arising from neonatal respiratory care is limited  
  • To maximise healthcare provider protection, this guideline currently includes the following procedures as AGP\textsuperscript{84} (but not necessarily limited to):  
  o Intubation, extubation and related procedures (e.g. manual ventilation)  
  o Open suctioning of respiratory tract (including upper respiratory tract)  
  o Less invasive surfactant administration (LISA)  
  o Non-invasive ventilation (e.g. continuous positive airway pressure (CPAP))  
  o Tracheotomy/tracheostomy procedures (insertion, open suctioning, or removal)  
  o High frequency oscillatory ventilation (HFOV)  
  o High flow nasal oxygen  

| Risk minimisation | Nurse babies requiring respiratory support in an incubator in a negative pressure room  
  o If unavailable, single room with door closed and air purifiers in place  
  • If available, in a negative pressure room  
  • Use airborne and contact PPE  
  • If used in current practice, use in-line suction with endotracheal tubes\textsuperscript{54}  
  • Avoid bubble CPAP  
  • Avoid use of nebulised agents (salbutamol, saline)\textsuperscript{54} although conflicting information about whether it is an AGP\textsuperscript{84}  

5.5.1 Neonatal filters (if COVID-19 suspected or confirmed)

Table 27. Neonatal filters

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
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</table>
| Filter function | • On inspiration the filter membrane prevents microorganisms reaching the baby and causing cross infection  
  • On expiration the filter membrane prevents contamination of the external environment and equipment  

| Risk assessment | During initial resuscitation immediately after birth, the risk of COVID-19 transmission is considered very low, even if mother is positive COVID-19  
  • Fisher & Paykel (F&P)\textsuperscript{90} recommend against filter use with F&P Neopuff™  
  • Familiarity with resuscitation equipment is an important component of safe and effective ventilation  

| Recommendation | Initial resuscitation after birth  
  o Continue to use usual/familiar devices for initial neonatal resuscitation  
  o Preference familiar devices (e.g. Neopuff™) without a filter to unfamiliar equipment or methods with a filter  
  • Resuscitation/ventilation beyond initial stabilisation  
  o Follow local protocols  
  o Use a viral/bacterial filter during resuscitation  
  o Place a viral/bacterial filter in the expiratory line of the breathing circuit  
  • Refer to Flowchart in Appendix C: Neonatal filter use  

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5.6 Discharge (following suspected or confirmed COVID-19)
This section applies to the baby born to a mother with suspected or confirmed COVID-19, and/or to the baby who is suspected or confirmed COVID-19 after birth.

Table 28. Discharge

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Consideration</th>
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<tbody>
<tr>
<td>Criteria for discharge</td>
<td>• Consider usual criteria for readiness for discharge (e.g. wellness, laboratory test results)</td>
</tr>
<tr>
<td></td>
<td>• An appropriate caregiver has been identified</td>
</tr>
<tr>
<td></td>
<td>• For discharge home, a negative test is not required prior to release from hospital isolation</td>
</tr>
<tr>
<td>Appropriate caregivers</td>
<td>• The mother who is well enough and meets criteria for discharge</td>
</tr>
<tr>
<td></td>
<td>• Alternate caregiver determined on a case by case basis who</td>
</tr>
<tr>
<td></td>
<td>• Has no respiratory symptoms</td>
</tr>
<tr>
<td></td>
<td>• Is considered appropriate/safe care giver for baby</td>
</tr>
<tr>
<td>Discharge prior to 14 days</td>
<td>• If discharged prior to release from quarantine or isolation</td>
</tr>
<tr>
<td></td>
<td>• Continue clinical monitoring until released from quarantine or isolation</td>
</tr>
<tr>
<td></td>
<td>• Consider local capacity when determining how clinical monitoring is to be undertaken after discharge</td>
</tr>
<tr>
<td></td>
<td>• e.g. telehealth services, home visiting, GP</td>
</tr>
<tr>
<td></td>
<td>• Notify local public health unit of a discharge requiring ongoing quarantine/isolation</td>
</tr>
<tr>
<td>Post discharge</td>
<td>• Provide post discharge advice about indications for readmission and possible course of disease³²</td>
</tr>
<tr>
<td></td>
<td>• Most commonly reported are respiratory symptoms requiring readmission one to three weeks after discharge</td>
</tr>
<tr>
<td></td>
<td>• If local risk assessed as low, advise routine follow-up</td>
</tr>
<tr>
<td></td>
<td>• If local risk assessed as elevated, delay routine follow-up as required (e.g. hearing screen)</td>
</tr>
<tr>
<td></td>
<td>• Advise GP of the follow-up actions required (e.g. NST)</td>
</tr>
<tr>
<td></td>
<td>• Refer to Child Health Services as per usual process</td>
</tr>
</tbody>
</table>
References


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38. Centre of Perinatal Excellence: COPE. Providing support for the emotional challenges of becoming a parent. [Internet] [cited 2020 September 17]; Available from: https://www.cope.org.au/.


74. Email communication from Biomedical Technology Services Queensland Health. Nitrous oxide circuit and filter use for COVID-19 2020 April 09.


Appendix A: Modified schedules for low-risk women during COVID-19

Modification of peripartum care schedules

- If local risk assessed as low, follow usual face-to-face (F2F) schedule and incorporate/replace
  encounters with telehealth as indicated for the circumstances
  o Add more F2F in the third trimester
- If local risk assessed as elevated reduce number/duration of face-to-face contacts (F2F)
  o Conduct F2F with minimum number of people (preferably woman only)
  o Minimise time in appointment waiting areas
  o Consider hybrid models (F2F and telehealth) (e.g. for booking in visit)
  o Schedule F2F around care that requires physical interaction/care (e.g. vaccination)

- During every F2F contact
  o Perform usual clinical assessments (e.g. blood pressure, fundal height, fetal heart, weight, urinalysis)
  o Ask about fetal movements, mental wellbeing, domestic violence

<table>
<thead>
<tr>
<th>Gestation</th>
<th>Contact type</th>
<th>COVID-19 recommendations for low risk woman</th>
</tr>
</thead>
</table>
| <12 weeks (or first visit) | F2F | • Recommend influenza vaccination
|                  |         | • Consider dating scan (6–8 weeks) for dates, viability, location
|                  |         | • Recommend nuchal scan (11–13 weeks) +/- NIPT (≥ 10 weeks)
|                  |         | • Give referral for routine antenatal blood tests
|                  |         | • Elevated risk
|                  |         | • Request GDM testing with HbA1c
|                  |         | • Request ferritin with Hb assessment (assume blood stock low)

12–18 weeks
| Contact type | • Recommend morphology scan (18–20 weeks)
|             | • Plan for hospital booking-in
| F2F or telehealth | • Discuss antenatal classes
|             | • Elevated risk
|             | • Hospital booking-in via telehealth
|             | • Antenatal classes online/virtual

20–22 weeks
| F2F | • Recommend pertussis vaccination
|     | • Give referral for routine 26–28 week blood tests
|     | • Elevated risk
|     | • Request GDM testing (at 24–28 weeks) as per screening and diagnosis during COVID-19
|     | • Request ferritin with Hb assessment (assume blood stock low)

24–26 weeks
| F2F or telehealth | • Routine antenatal care

28 weeks
| F2F | • If indicated, RhD immunoglobulin (anti-D)
|     | • Give referral for routine 36 week bloods
|     | • Elevated risk
|     | • Request ferritin with Hb assessment (assume blood stock low)

31 weeks
| F2F or telehealth | • Routine antenatal care

34–37 weeks
| At least one F2F | • If indicated, RhD immunoglobulin (anti-D)
| Remainder telehealth | • Consider USS for growth and position
|                 | • Routine antenatal care

38 weeks
| F2F or telehealth | • Routine antenatal care

41 weeks
| F2F | • Usual considerations for fetal well-being and birth planning
### Postnatal schedule

<table>
<thead>
<tr>
<th>Gestation</th>
<th>Contact type</th>
<th>COVID-19 recommendations for low risk woman</th>
<th>Elevated risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>0–6 weeks postpartum</td>
<td>F2F or Telehealth</td>
<td>• Perinatal mental health check</td>
<td>• Delay GDM follow-up</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Ask about domestic violence</td>
<td>o Refer to updated GDM postnatal follow-up recommendations</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Routine postnatal care</td>
<td></td>
</tr>
<tr>
<td>6 weeks</td>
<td>F2F</td>
<td>• Routine maternal and newborn assessment</td>
<td>• Newborn assessment: prioritise growth, eyes, hips, heart</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Newborn vaccinations</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Check completion of routine newborn follow-ups (e.g. NNST, hearing screen)</td>
<td></td>
</tr>
</tbody>
</table>

Antenatal and postnatal schedules adapted with permission: from an original by Dr Wendy Burton April 2020

### Ultrasound schedule if elevated risk

<table>
<thead>
<tr>
<th>Scan</th>
<th>Asymptomatic woman</th>
<th>Symptomatic woman</th>
</tr>
</thead>
<tbody>
<tr>
<td>11+0–13+6 weeks*</td>
<td>• Combined test</td>
<td>• Reschedule combined test in 2 weeks if still within gestational-age window</td>
</tr>
<tr>
<td></td>
<td>• Offer non-invasive prenatal testing (NIPT)</td>
<td>• Offer NIPT/serum screening and detailed scan 3–4 weeks after quarantine</td>
</tr>
<tr>
<td>18+0–23+0 weeks*</td>
<td>• Anatomical scan</td>
<td>• Reschedule after quarantine in 2–3 weeks</td>
</tr>
<tr>
<td>Fetal growth scan in third trimester</td>
<td>• Reduce numbers of scans as clinically appropriate</td>
<td></td>
</tr>
<tr>
<td></td>
<td>o Perform only for standard clinical indications</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• If no clinical review in late pregnancy (no fundal height measurement; fetal heart rate auscultation), consider brief late gestation scan to confirm presentation and fetal wellbeing (biometrics and amniotic fluid volume measurement)</td>
<td></td>
</tr>
</tbody>
</table>


F20.63-6-V2-R25
Appendix B: Recommended nitrous oxide circuits

Where a scavenger system is available, use Equinox® Advantage Analgesia Circuit–MC/4003
Where a scavenger system is not available, use Equinox® Advantage Analgesia Circuit–MC/4001

Recommended by Queensland Health, Biomedical Technology Services for use by suspected or confirmed COVID-19 women

F2063-3-V2-R25
# Appendix C: Neonatal filter use

<table>
<thead>
<tr>
<th>Aspect</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Filter use</strong></td>
<td>• Viral/bacterial filter may be used with:&lt;br&gt;  o Self-inflating bags and flow inflating bags/circuits&lt;br&gt;  o T piece (F&amp;P recommend against use with Neopuff™)&lt;br&gt;  o Ventilation circuits</td>
</tr>
<tr>
<td><strong>HME filter type</strong></td>
<td>• The viral/bacterial filter may or may not contain a heat and moisture exchanger (HME)&lt;br&gt;  • There are a range of filters suitable for use—consider:&lt;br&gt;  o Impact on tidal volume (number of mL added)&lt;br&gt;  o Connection fit to existing equipment&lt;br&gt;  o Need for humidification/suitability for humidification&lt;br&gt;  o Availability of stock&lt;br&gt;  <strong>ONE Example:</strong> (others may be suitable)&lt;br&gt;  • Viral/bacterial filter with HME—humidifier is not required&lt;br&gt;  o Medtronic DAR™ PAEDIATRIC NEONATAL Electrostatic Filter HME SMALL (catalogue number 355/5427)</td>
</tr>
<tr>
<td><strong>Filter placement</strong></td>
<td>• Refer to Figure 1 for circuit assembly</td>
</tr>
<tr>
<td><strong>Disconnection from circuit</strong></td>
<td>• Minimise disconnections (as far as possible) because this may increase aerosol dispersion&lt;br&gt;  • Refer to Figure 1 and disconnect at the recommended point to minimise transmission</td>
</tr>
<tr>
<td><strong>Sourcing filters</strong></td>
<td>• Order filters through usual procurement processes&lt;br&gt;  • Consider ordering one box (25) and sharing within Hospital and Health Service (to conserve supply)&lt;br&gt;  • Stocks may be out or low—check at the time of ordering</td>
</tr>
<tr>
<td><strong>Humidification</strong></td>
<td>• Refer to individual product information as humidification not recommended with some filters</td>
</tr>
</tbody>
</table>

![COVID-19 Bag Valve Assembly](image)

**Figure 1:** Set up for neonatal resuscitation using viral/bacterial filter

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