

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references (if relevant) for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

To be completed by the Communications office  
Leaflet code: PIL202204-02-PCM  
Created: May 2020/ Revised: April 2022/  
Review Date: April 2024

## INFORMATION FOR PATIENTS WHO HAVE TESTED

# Positive for coronavirus (COVID-19)



# What to do following a positive test for coronavirus

## What do I do if I test positive for coronavirus?

If you test positive as a maternity inpatient, our hospital guidance is that you should stay in your private room throughout your hospital stay. Unfortunately you are unable to have visitors; this is to protect yourself and other vulnerable patients within the ward and hospital. Once you are at home, although it is not mandatory, we do recommend that you stay at home if you can, or be mindful of others whilst out in public and wear a face covering and regularly wash your hands. If you still have a high temperature after 10 days or are otherwise unwell, please seek medical attention.

## What actions do others in my household have to take if I test positive for coronavirus?

If you have tested positive for coronavirus, it is no longer government guidance for your household members to self-isolate, however, other members of your household should take precautions when out in public and wear a face covering and regularly wash their hands.

## What if I become more unwell?

If your condition gets worse or your symptoms do not get better after 7 days you should use the NHS 111 online coronavirus service, or call NHS 111. All women are at slightly increased risk of developing blood clots during pregnancy and the first weeks after the birth. If you have pain in your chest, with shortness of breath or coughing up blood, this may be a sign of pulmonary embolism (blood clot in the lung) and you should seek immediate help by calling your GP or Emergency Midwife on 01623 655722.

**If you become severely unwell, dial 999 informing them you have tested positive for coronavirus.** For further information visit: <https://www.gov.uk/coronavirus>

## Will my postnatal care be different if I test positive for coronavirus?

As far as possible your postnatal care and support will continue via the midwifery and infant feeding teams where relevant. If you have tested positive for coronavirus, all postnatal care will be provided via telephone or in your own home.

# Coronavirus and caring for your baby

## If you are infected, take precautions to limit the spread of coronavirus to your baby by:

- Washing hands thoroughly before and after contact with the baby.
- Routinely cleaning and disinfecting any surfaces touched.
- Cleaning any infant feeding equipment, including breast pumps, bottles and teats thoroughly before and after use.
- Avoid coughing or sneezing on your baby. You may prefer to wear a reusable face mask, or if you cannot get hold of this, a light face covering, such as a thin scarf to cover your face while you feed or hold your baby.
- Please be advised it is not safe for your baby to wear a face mask of any kind.
- If you are breastfeeding and feeling unwell, continuing to breastfeed may be easier and less stressful than expressing during this time.
- Alternatively, you may prefer for someone who is well to feed expressed breast milk to the baby.
- If you are too unwell to breastfeed or express breast milk, you may be supported to re-lactate once you are well enough.
- If your baby is being bottle fed with infant formula or expressed milk, wash equipment in hot, soapy water and sterilise carefully before each use.
- For more information around infant feeding please visit: <https://www.unicef.org.uk/babyfriendly/COVID-19/>

## What do I do if I think my baby is unwell?

If you think your baby is unwell it is important to seek medical attention **immediately**; you can call your doctor, NHS 111 or, **if your baby seems severely unwell, dial 999.**

If you are positive for coronavirus or self-isolating you **must** make the health professionals aware.