



How will this impact my birth plan?

For many women, there will be no changes to the way you plan to give birth. However, the Women's and Children's Hospital is enforcing a one visitor per patient policy to reduce the risk of exposure, which will mean you will only be able to have one birthing partner.

There is no evidence that caesarean section or induction of labour is necessary to reduce the risk of transmission to your baby.

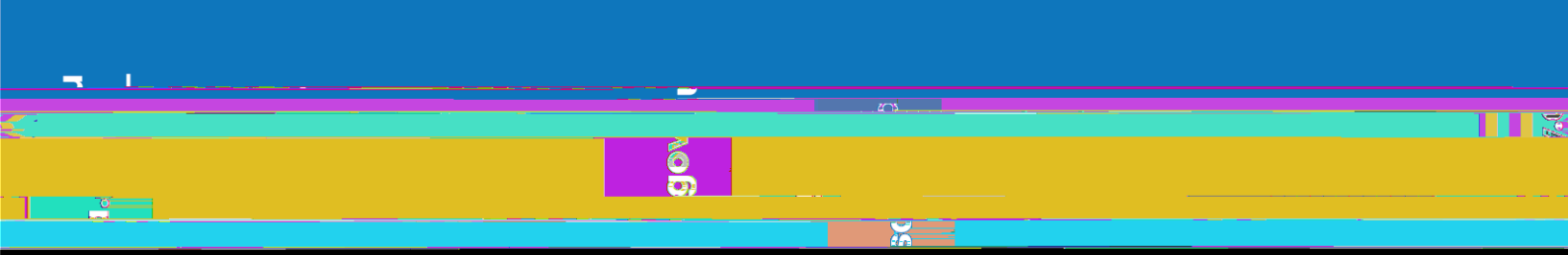
You should still approach this extraordinary time in your life without fear or apprehension.

Medical intervention, other than that specifically related to infection control, will not change significantly.

You can still practise active mobilisation, water immersion and will have access to pain relief if you would like.

Can I birth at WCH if I am COVID-19 Positive?

At present, most women who are COVID



How will this impact my antenatal care?  
Routine antenatal investigations, ultrasounds,



How do I cope with all this uncertainty?

Pregnancy can be stressful at the best of times, and it's understandable that you might be more worried given the current situation.