

This information is for pregnant women who have tested positive to COVID-19, or are suspected COVID-19 positive, and are attending Flinders Medical Centre for an assessment, to receive care or to have their baby.

Following a positive COVID-19 diagnosis, most pregnant women will be cared for in the community via GPs and Health Direct.

If you do need to attend FMC for assessment, to receive care or to birth, we are well equipped to provide this, with a number of plans in place to ensure any maternity patients with COVID-19 are able to safely access our services in a controlled environment that will minimise risk to any non-COVID-19 patients, staff or visitors.

These plans include separate treatment spaces for COVID-19 positive patients and strict infection control measures to minimise the risk of spread, including use of Personal Protective Equipment (PPE) by staff.

We would like to reassure you that you will be able to access safe, reliable and high-quality care at FMC, along with access to other supports you may need during this time.



## What supports are available to me during this time?

If you have any questions or concerns during this time please don't hesitate to ask a staff member, we are here to help you. Please reach out to a staff member to have a discussion about any further supports you require.

We understand this will be a stressful and anxious time for you. Please be assured we will do all that we can to help and provide information, guidance and support to you when you arrive.

### For more information about COVID-19:

Visit [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au) or call the SA COVID-19 Information Line on **1800 253 787**

If you are **COVID-19 positive** and have any concerns, please call Health Direct on **1800 020 080**

### Flinders Medical Centre:

Flinders Drive, Bedford Park SA 5042

### For emergency maternity care please call:

**8204 5511** and ask for the Birthing and Assessment Suite (BAS).

### For Translating and Interpreting Service information:

Phone: **131 450** TIS National

This document is intended for information purposes only and does not replace discussion or advice that your healthcare team give you.



This document has been reviewed and endorsed by consumers.

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## FMC COVID-19 Maternity Care



## COVID-19 Maternity Care at Flinders Medical Centre

Effective 22 April 2022



**Health**  
Southern Adelaide  
Local Health Network

## How do I get to Flinders Medical Centre?

If you are COVID-19 positive and need to come to FMC for an assessment, to receive care or to birth, your current care team will coordinate your arrival to FMC and will notify you of the process.

If you need to make an unplanned visit, please contact 82045511 and ask for the Birthing and Assessment Suite (BAS) who will provide you with information on where to present.

As always, in an emergency please dial 000 and remember to tell them that you are COVID-19 positive.

If you are arriving by car you will be directed to park in a designated parking bay at the top of the FMC Emergency Department Ramp.

If you are being transported by South Australian Ambulance Service (SAAS) from another hospital or medi-hotel you will arrive at the Flinders Medical Centre ED.

Once you have arrived, staff in full PPE will safely transport you to a dedicated room for assessment, to birth or to receive care.

## What happens when I arrive at FMC?

Once you have arrived, staff will explain the strict infection control procedures required to prevent the spread of COVID-19 to other people within the hospital and the maternity staff.

You will be provided with a surgical mask to put on and asked to sanitise (gel) your hands.

You will then be escorted to your room. Once you are in your room you are not permitted to leave the room as this is essential to prevent any viral spread.

**In order to ensure everyone is kept safe you can expect:**

- To receive your care in a single room during your stay.

- The staff providing your care to be in full Personal Protective Equipment (PPE) which includes a mask, protective eye wear and long-sleeved gown and gloves.
- Your room will have its own ensuite with shower, toilet and hand basin.

## How does COVID-19 affect me and my baby?

Unfortunately, you may experience more severe illness from COVID-19 than non-pregnant people.

We will closely monitor you and your baby to ensure the right intervention and care can be delivered. Your treating team will continue to communicate with you during your admission about your care plan.

Some babies born to women with COVID-19 symptoms may be born prematurely. In these cases, the doctors have made the decision for the baby to be born early because the woman was very unwell.

Newborn babies and infants do not appear to be at increased risk of complications from COVID-19.

## Who will provide my care at FMC?

A team of highly specialised clinicians and midwives will provide care to you as required. All staff members providing your care will be in PPE and are fully vaccinated for their safety.

The safety and welfare of you and your baby is our number one priority and we will tailor your care to your individual needs.

## What treatment can I receive while pregnant?

Your treatment will be tailored to your individual clinical needs and we will work with you to ensure you are fully informed about your care plan.



## What happens if I need to birth?

Depending on the severity of your illness, your birth plan may need to be altered to ensure safety for you and your baby.

We will keep you informed of any changes to your birth plan and the precautionary measures that need to be taken to keep you, your baby and our team safe. For more information regarding birthing, please see our '[Birthing while COVID-19 positive](#)' fact sheet.

## Can I have a support person with me?

If you are being admitted to FMC to receive care or for assessment, a support person is not permitted to attend with you. This is to minimise the risk of potential spread of COVID-19 to other areas of the hospital.

If you are being admitted to have your baby, you are able to have one support person stay with you for the duration of your birth.

**Your support person must stay in the room with you at all times and they must also wear Personal Protective Equipment (PPE) including a mask.**

This person will only be able to stay with you for the duration of your birth and for a certain duration post birth, based on current restrictions.

They will not be able to go into the Operating Theatre with you if you are required to have a Caesarean Section. They will need to remain in the Birthing and Assessment Suite until you and your baby return to minimise the risk of COVID-19 spread to other areas of the hospital.

If your support person needs to leave self-isolation/quarantine to attend hospital for the birth, please contact your healthcare team to apply for an exemption prior to leaving self-isolation/quarantine and before attending the hospital.

**Please note:** if your support person is COVID-19 positive and applying for an exemption they must be symptom free to minimise risk to other patients and our staff.