

# Information and services for parents & families

## COVID-19

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As a parent-to-be or a parent of young babes, it is important to get the very best information to make decisions around the circumstances in which we currently find ourselves. Please take some time to familiarise yourself with these resources. However, please also be careful to remember this information is not exhaustive and if further information is required, a call to one of the available support helplines may be necessary.

***PLEASE NOTE: Resources listed below are for information purposes only. Information provided by Peach Tree is not, nor is it intended to be, a substitute for professional medical advice, diagnosis, or treatment. Such information should NOT be relied upon for specific medical advice.***

1. Commonwealth Department of Health - the comprehensive and official site:  
<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>
2. The Australian Government National Coronavirus Helpline, call: **1800 020 080**.
3. Statement from The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG), specifically outlining information for pregnant women and regularly updated:  
<https://ranzcof.edu.au/statements-guidelines/covid-19-statement>
4. Latest information from the Centre for Disease Control (CDC) on being pregnant, giving birth and breastfeeding: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html>
5. Advice on how to stop the spread of COVID-19 from the World Health Organisation:  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
6. Health Direct information including Symptom Checker, FAQ, Related Information, handwashing, visual graphics, and information for health professionals: <https://healthdirect.gov.au/coronavirus>
7. National Perinatal Association (USA) information, with specific COVID-19 updates:  
<http://nationalperinatal.org/COVID-19/>

The National Perinatal Association aims to address anxieties and fears for parents and families by:

- acknowledging everyone's concerns are valid
  - sharing own experiences and reactions
  - explaining proven public health responses
  - promoting the evidence
  - dispelling the myths
  - modelling healthy behaviour.
8. Australian Red Cross can help with emergency supplies of baby essentials:  
<https://www.redcross.org.au/coronavirus>
  9. ABC HACK televised this interesting programme on mental health:  
<https://www.abc.net.au/triplej/programs/hack/mental-health-coronavirus/12067484>

10. For older children, this list provides information about how to talk through the issues surrounding COVID-19: <https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>
11. For younger children, this site provides fun visuals and opportunities for colouring-in: <https://www.mindheart.co/descargables>
12. Beyond Blue is a fantastic general mental health go-to, now including COVID-19 updates and information. It provides social and emotional skills to practice with your babe or toddler: <https://healthyfamilies.beyondblue.org.au/age-1-5>

Please always remember, it's okay to feel:

- worried and afraid about what's happening in the world and what will happen to your family
- guilty about bringing a baby into the world right now
- angry about what is happening
- like you want to hide away in a protective bubble – in fact, this is what you should be doing
- like you are more teary than usual – these are scary times
- like you don't want to talk – although try and reach out to others who understand what you are going through
- like it's NOT okay!

(\*credit: Pink Elephants)

**Novel coronavirus COVID-19**  
healthdirect

<b>Coronavirus Health Information Line</b>	<b>Department of Health</b>
Ask general questions 1800 020 080	Get the latest updates health.gov.au
<b>Smart Traveller</b>	<b>healthdirect</b>
Get the latest travel advice smartraveller.gov.au	Check your symptoms Speak with a registered nurse healthdirect.gov.au 1800 022 222

**I'm pregnant. How can I protect myself against COVID-19?**

- Wash your hands frequently
- Avoid touching your eyes, nose and mouth
- Put space between yourself and others
- Cough or sneeze into your bent elbow or a tissue

**If you have fever, cough or difficulty breathing, seek care early. Call beforehand, and follow medical advice.**

World Health Organization

#COVID19 #CORONAVIRUS

[www.peachtree.org.au](http://www.peachtree.org.au)

