Health Navigator New Zealand

Aotearoa e te toa!
A series of resources for people with COVID in the community

# Transcript: COVID-19 pregnancy and vaccination

## [Introduction]

| **Audio** | **Visual** |
| --- | --- |
| [Guitar music] | Aotearoa e te toa! COVID-19 pregnancy and vaccination |
| [Guitar music] [Narrator] Being hapū – pregnant – or a parent to a newborn during the COVID-19 pandemic might make you anxious about your own health and that of your pēpī. If you’re pregnant or planning a pregnancy, you can still receive your COVID-19 vaccine.   | A pregnant woman sits in the nursery, reading a baby/pregnancy book. |

## [Doctor and pregnant woman talk about the COVID-19 vaccine]

| **Audio** | **Visual** |
| --- | --- |
| [Guitar music][Doctor] If you catch COVID-19 while you’re pregnant, you may get quite sick. The good news is you can get a COVID-19 vaccine at any stage of your pregnancy.  Vaccination is the best protection against COVID-19.   | A female doctor stands in an exam room, wearing a face shield and face mask.  |
| [Guitar music][Woman] Ok. There’s a choice of vaccines now, doctor. Is one better than the other? [Doctor] Pfizer remains the vaccine of choice in Aotearoa. There’s good evidence that it protects your pēpī in the womb. Your baby can get antibodies to the virus through umbilical cord blood, and later, when you’re breastfeeding. [Woman] Oh, but what if I catch COVID-19 while I’m breastfeeding? [Doctor] You’re less likely to catch COVID-19 if you’re double vaxxed, especially if you have your booster as soon as you become eligible. It’s safe to breastfeed pēpī even if you have COVID, and we recommend you continue to breastfeed. Remember, you can still get vaccinated while you’re breastfeeding. [Woman] What about when you’re trying to get pregnant? My sister wants to know. Should she wait until she’s hapū to get the jab? [Doctor] No, any time is all good. Tell her to book in. Right - ready to go?  [Woman] Just one more question. When I go to hospital. Is that safe? [Doctor] Yes. Hospitals have lots of procedures and rules in place to protect you from COVID. You can chat to your midwife about that if you have any questions about what to expect in the hospital. Sound good? [Woman] All good. OK let’s get on with it then. [Doctor] We recommend you also get your usual vaccinations like flu and whooping cough while hapū too – they also keep you and baby safe.  [Woman] I might book a separate appointment for that.   [Doctor] I’ll make a note to remind you on your next visit to the clinic.  | The pregnant woman (who is wearing a face mask) and the doctor sit in the exam room, chatting. Then the doctor gives the woman her COVID-19 vaccination and puts a plaster on the woman’s arm. Then the doctor and woman stand and chat a bit more.  |

## [Key messages]

| **Audio** | **Visual** |
| --- | --- |
| [Guitar music][Narrator] You can do this! Remember to get vaccinated as soon as possible to protect yourself and your baby.  | A notecard or notepad is shown with the heading “Key messages”.The messages are listed:1. You can get a COVID-19 vaccine if you’re trying for a baby, at any stage during your pregnancy, or while breastfeeding.
2. You should also get the usual antenatal vaccinations.
3. See your lead maternity carer (LMC) early in pregnancy and have regular check-ups .
4. Breastfeeding your baby is safe even if you have COVID-19.
5. Book jabs online [BookMyVaccine.nz](https://bookmyvaccine.covid19.health.nz/) or call 0800 28 29 26.
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| [Guitar music]  | Credits are shown: * Health Navigator New Zealand
* Te Poari Hauora Ā Rohe O Te Tai Tokerau/Northland District Health Board
* Ministry of Health/Manatū Hauora

A website URL is shown: [hn.org.nz/covid-and-pregnancy](http://hn.org.nz/covid-and-pregnancy)In partnership with Northland DHB and the Ministry of Health |
| [Guitar music] | Text appears, which says:Animation by:A group of paper airplanes swirls around, and then a logo appears:Benchmedia Infotainment & Content Solutions |