**Coronavirus or ‘Covid 19’**

An epidemic of a respiratory disease that started in 2019 is still present, with variants emerging and regular updated vaccines available. It causes symptoms such as fever, sore throat and breathlessness.

Prevention includes good hand hygiene and social distancing.

* [Clean your hands thoroughly](https://www.vision6.com.au/ch/75695/83dx7/2158933/ffChKrzOc9z0Q6WYnHf3BmmfLRq0prQua3bH2use.pdf) for at least 20 seconds with soap and water, or an alcohol-based hand rub.
* Cover your nose and mouth when coughing and sneezing with a tissue or flexed elbow.
* Avoid close contact with anyone with cold or flu-like symptoms.
* Stay home if you are sick.

Since 2020 Covid vaccinations have been available. Initially in Australia there was uncertainty about the safety of Covid vaccinations in pregnant women, however now there is over 4 years of data demonstrating the safety for women, and the benefit for the newborn with at least 6 months of maternal antibody protection.

https://www.health.gov.au/our-work/covid-19-vaccines/getting-your-vaccination