

# Guidance for COVID-19 positive mothers

## Taking whenua (placenta) and pito (umbilical cord) home after birth

There is a risk that placenta and umbilical cord from a mother with COVID-19 could infect others.

If you wish to take your placenta and umbilical cord home for burial, please take the following precautions:

- The mother should be the only person to handle the placenta and umbilical cord
- Put the placenta and umbilical cord in a leak-proof container
- If storing the placenta and umbilical cord in a freezer, put them below food (so there's no chance they could leak onto food)
- Clean all surfaces which come into contact with the placenta and umbilical cord with disinfectant or a bleach solution
- Wash your hands for 20 seconds and dry thoroughly after handling the placenta and umbilical cord.

**Thanks for helping us to  
keep our community healthy**

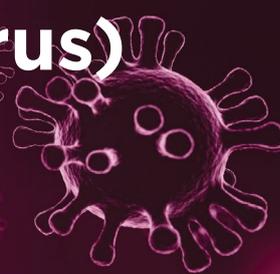
Further information at [www.health.govt.nz/COVID-19](http://www.health.govt.nz/COVID-19)

**Canterbury**  
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# COVID-19 (novel coronavirus)

## How to protect yourself, your whānau and our community



Stay home if you're sick

Avoid close contact with people with colds or flu-like illnesses.

Cover coughs and sneezes with tissues or sneeze into your elbow.

Keep your hands clean – wash your hands for at least 20 seconds with soap and water and dry them thoroughly. Or you can use alcohol-based hand rub – rub in until it's dry.

Hand hygiene should be performed:

- Before eating or handling food
- After using the toilet
- After coughing, sneezing, blowing your nose or wiping children's noses
- After caring for sick people

Avoid touching your eyes, nose or mouth to stop virus spreading from your hands.

If someone in your family is sick, remember that viruses can live for 48 hours or more on hard surfaces so keep things clean by wiping hard surfaces with a disinfectant or diluted bleach solution\* to kill germs.

(\*One teaspoon of bleach to 500 mls of water)

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