



**Dear client,**

We send you this e-mail because you are currently registered at our midwifery practice. You are probably aware that the infections with the corona virus increase in The Netherlands and therefore we want to inform and advise you.

The healthcare system takes more extended measures than advised to the regular population to prevent infection. This is meant to provide enough hospital beds and personnel in the upcoming time. Acute care should be guaranteed and therefore the non-acute, regular care is shortened. This also applies for midwifery and obstetric care. The hospitals take extensive measures and as midwives we cooperate with each other and the hospitals to limit and slow down the virus.

To inform you about the consequences for the midwifery and obstetric care in our region we send you this email from the midwives 'Coöperatie Haarlem en meer'. **Please read this e-mail carefully and follow-up on the advises and instructions in addition to the measures advised by the RIVM.**

The following changes in our care are in effect of immediate and last at least until the 31<sup>st</sup> of march.

### **Concerns about your health during pregnancy**

A coronavirus infection takes the same course in pregnant women as in women who are not pregnant. As far as is known, there is no increased risk of miscarriage or birth defects due to infection with this virus. The virus is not transferable to your baby in the womb. Babies can, however, get sick by coming into contact with the virus themselves. Hygiene measures are therefore important, especially during maternity visits. We advise you not to shake hands and to consider banning visitors.

If you have a cold or a temperature of up to 38 degrees Celsius, it is generally recommended you stay at home, wear off the disease and stay away from other people. You do not have to call the doctor. Do what you normally do with a cold (xylometazoline 1% max 1 week, steam if desired, paracetamol if necessary). If your symptoms increase, with a fever above 38 degrees Celsius, with a cough, or shortness of breath, you should

call your own midwife.

## **Pregnancy**

The checks that are planned for you in the next 2 weeks will continue as scheduled. Stay at home and contact your own midwife if you have a fever or complaints or if you prefer not to have a check-up these weeks.

When you have your appointment with us, come alone. We keep the contact moment as short as possible. The day before your check-up, your midwife phones you to answer your questions, discusses possible complaints and provides you with information for that time of pregnancy. It is possible that we call with a private number. During the check-up we measure your blood pressure and perform external examinations. The following appointment is adjusted to the essential care you need during pregnancy. We will discuss detailed information, for example regarding childbirth or breastfeeding, in a telephone consultation at a later date.

If you haven't had a prenatal visit at our practice before and you are at the beginning of your pregnancy: the intake will be done by telephone. The practice will contact you.

Obviously, emergency consultations will continue to exist.

## **Ultrasound scan**

The dating ultrasounds and twenty-weekly ultrasound appointments will continue as normal. We request that you only take one person, such as your partner, with you to an ultrasound appointment.

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Non-essential ultrasounds will NOT be made these coming weeks, the appointments will be rescheduled. The ultrasound practices will contact you.

## **Information evenings**

The information evenings about childbirth and breastfeeding have been cancelled.

## **Adjustment of care and visiting rules for the Vrouw Kind Centrum Haarlem (VKC)**

Currently, all midwives and hospitals are working closely together in our region and the necessary measures are being taken. In order to guarantee our care, there are several protocols that come into effect when a pregnant person appears to be or is in fact infected with the Coronavirus. We will observe these closely.

The choice for a home or hospital birth remains. We can discuss the place of the

delivery with you again, also with regard to the occupation of hospital beds and the pressure on the hospital staff.

When your delivery begins, only one accompanying person may be present at birth (and as a rule in the hospital), so not in the hallway or anywhere else in the hospital.

Maternity visits after delivery are also not desired. If you have to stay in the hospital for longer, the rules that apply in the hospital at that time will apply.

As of today, no visitors are welcome in the VKC. Which means:

- Acute unit (for acute consultations): pregnant woman + 1 person
- Childbirth: pregnant woman + partner + 1 person
- In addition to the partner, no visits to the ward are allowed, not even from brothers or sisters.

Coffee or tea can be taken, but must be consumed in the room.

### **Maternity period**

There is no counterindication for breastfeeding. COVID-19 has not been detected in breast milk.

In the period following the delivery, our visits will be kept to a minimum. When possible, we will provide our care by telephone or video calling.

We understand that these extra measures cause inconvenience and that care we can provide is not always optimal these days. We hope for your understanding. Our objective is to guide you through this special period of your life in the safest way possible.

We will of course never refuse care and will be ready for you at all times so call us if you need us.

With kind regards from all midwives of the Haarlem en Meer cooperative.

