

Recommendations for women with pregnancy for prevention of COVID-19

Hawthorne Midwives Update

Dear Clients,

We are wanting to touch base with you to ensure that your well being is our top priority. Below are recommendations for you in managing your care during this time and listing some of the changes we have made to ensure we are continuing to provide you with the best care.

We will communicate to you regularly any changes and will be posting resources on our website often to help provide you with current and reliable information.

We look forward to helping guide you through your birth journey.

With warmest regards,

All the Staff and Midwives from Hawthorne Midwives.

Recommendations for Women With Pregnancy for Prevention of COVID-19

1. **WASH YOUR HANDS.** Soap and water is best. Wash frequently, if you go out, after contact with others, before and after you eat. Wash your children's hands regularly as well. The virus is spread by droplets (coughing, sneezing) as far as we know. The virus can live on surfaces up to 72 hours.

2. **SOCIAL DISTANCING.** Stay away from crowds, parties & play dates. Stay away from anyone who has traveled. This is paramount to contain the virus and limit community spread for us all, but particularly our vulnerable.

3. **NO TRAVELLING.** Tell your family members to restrict any non-essential travel. Stay at home as much as you can to limit transmission. If anyone you know has travelled, they should be self-isolating and monitoring for symptoms at home for 14 days.

4. **EXPECT HOSPITAL & MIDWIFERY OFFICE RESTRICTIONS** Clinic visits will be adjusted to reflect recommendations of the Association of the Ontario Midwives and the World Health Organization. It is aimed at reducing your risk of exposure to COVID-19 by conducting essential visits in person only. We will begin to utilize a combination of telephone/virtual assessments and in person assessments for the care of our clients. Your midwife will review this at your upcoming appointments. You will be asked COVID-19 screening questions before clients enter the clinic or meet with their midwives.

If you have any questions or concerns, please let us know. Anything urgent please call our pager.

We are asking pregnant women to come alone to visits. The Birthing Suite at Milton District Hospital is restricting visitors to one consistent support person only per woman in labour and no children under 16 years old.

5. **IF YOU OR YOUR INFANT/CHILD ARE SICK.** If you have a fever, cough, have travelled call 311. Don't go to ER UNLESS you are very sick or having trouble breathing. Young children and infants seem to be doing well with Covid-19. There have been very few or no reported deaths in children. Older people are at much higher risk of becoming severely ill, as are anyone with lung disease or other medical conditions.

6. **RISK TO PREGNANT WOMAN AND FETUS.** As per the Society of Obstetricians and Gynecologists of Canada (SOGC), they state that at this time, conclude there is no evidence that women who are pregnant experience more severe symptoms when ill (unlike with H1N1).

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The pregnancy outcomes of the reported cases have been largely good, with spontaneous and medically induced preterm labour being the most commonly reported adverse pregnancy outcomes. Given the limited data, it is too early to determine if higher rates of adverse outcomes are expected in pregnant women infected with COVID-19. As with SARS and MERS, pregnancy outcomes are likely to be strongly correlated with degree of maternal illness.

7. **CESAREAN SECTION IS NOT REQUIRED** if you have COVID-19 in pregnancy. Unless you are very sick, vaginal birth is still preferred. C-section will be performed for the usual reasons.

8. **BREAST FEEDING** is still fine with the same precautions of wearing a mask and washing if you are infected. Separation of baby and mom is not recommended but may be needed for severe cases. Breast feeding may allow for antibodies and immunity benefits for the baby but we don't know. Your midwife will review this with you.

Last updated: Monday, March 16, 2020

Subject to change
