

COVID-19 UPDATES

Community Midwives of Hamilton
March 20, 2020

Dear clients

Here at Community Midwives we are committed to continue providing you safe, personal and excellent care during your pregnancy, labour and postpartum period. The risk at this time remains low, however due to the serious nature of the virus we are instituting changes to our standard delivery of care. We are doing this to support social distancing and help minimize community transmission. We are doing this to help keep our clients and their families and our midwives safe.

Recommendations to protect yourself and others

- Wash your hands often with soap and water or use an alcohol-based hand sanitizer
- Sneeze and cough into your sleeve
- Avoid touching your eyes, nose or mouth
- Avoid contact with people who are sick
- Stay home if you are sick
- Avoid all non-essential travel outside of Canada. For more information on travel advisories please visit: <https://travel.gc.ca/travelling/advisories>

Additional recommendations for social distancing include

- Limiting social outings
- No shaking hands or other forms of contact such as hugging or kissing, outside your immediate family.
- Working from home when possible
- Not attending large gatherings

What to expect from Community Midwives

- We will be screening clients when you present for your visit. Please pay attention to signage at the door and follow any instructions that apply to your situation.
- We are adopting the World Health Organization (WHO) recommendations for scheduled prenatal visits in uncomplicated pregnancies. Your midwife will talk to about scheduling your next visit based on these recommendations. You may receive a call from your midwife to change your next scheduled visit. There will also be changes to scheduled visits after the baby is born.

- We are scheduling visits to remove or limit the amount of time clients spend in the waiting room. You may be shown directly into a clinic room upon arrival.
- As always, clinic rooms will be cleaned using infection control standards between every visit. We have removed all toys from the rooms at this time.

What Community Midwives is asking from you

- If you or a family member are sick, please page prior to coming to your visit.
- Please limit the number of support people you bring to your visit. This includes children. If you are able to arrange childcare, please leave your children at home.
- If you have concerns about a fever (over 38 degrees Celsius), cough or travel history visit the public health website at: <https://www.ontario.ca/page/2019-novel-coronavirus> to see if you qualify for screening. For additional information you can contact public health at 905-546-2424 x7079 or Telehealth at 1-866-797-0000.
- Please be aware that as the situation changes, due to midwife illness or needs for self-isolation, you may not receive care from your assigned midwife for visits or during your labour.

What to expect at the hospital

- You will be asked screening questions upon arrival.
- Hospitals are limiting entrances to ensure screening. Check with your midwife about which entrance you should use, prior to going.
- You are limited to 1 support person in labour.

Resources

- Public Health Hamilton: <https://www.hamilton.ca/public-health/health-topics/novel-coronavirus-covid-19>
- Public Health Ontario: <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus>
- Ontario Government: www.ontario.ca/coronavirus
- Telehealth Ontario: 1-866-797-0000
- Public Health: 905-546-2424 x7079
- You tube Video from McMaster Pediatrician: <https://www.youtube.com/watch?v=CcnT2q4locU&feature=youtu.be>
- Mental Health support: <https://www.camh.ca/en/health-info/mental-health-and-covid-19>

Please note that there may be changes to clinic and hospital policies as the situation evolves. We are committed to keeping you informed of these changes. Page your midwife if you have any questions or concerns.