

COVID-19 UPDATES

Community Midwives of Hamilton
July 23, 2020

Dear clients

As Hamilton enters stage 3 of reopening, 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 remains low, however due to the serious nature of the virus we are continuing to institute changes to our standard delivery of care. We are doing this to support physical distancing and help minimize community transmission. We are doing this to help keep our clients and their families and our midwives safe. To help you navigate and find information more easily, **please find our most recent details in bold.**

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
- Avoid all non-essential travel. For more information on travel advisories please visit: <https://travel.gc.ca/travelling/advisories>
- **Talk to your midwife about creating a safe social circle. For more information visit the government of Ontario website: <https://www.ontario.ca/page/create-social-circle-during-covid-19>**

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. There will also be changes to scheduled visits after the baby is born. **You should expect that your initial visit (typically around 10 weeks) will be a virtual visit, most likely over the phone and you will see your midwife in person for the first time between 14-16 weeks of pregnancy.**

- 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

- **Mask or face covering: please wear a mask or face covering to all clinic appointments. If you arrive at the clinic and do not have a mask please see our administrative staff.**
- **Please also consider wearing a mask if a midwife is seeing you for a home visit.**
- If you or a family member are sick, please page prior to coming to your visit.
- **Please continue to come to your prenatal visits on your own. We encourage you to talk with your midwife about recording the heart rate or discuss other ways to involve your family virtually.**
- 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.
- **For updated visiting policies at McMaster please visit their website at: <https://www.hamiltonhealthsciences.ca/covid19/patients/appointments-visiting/>**

What to expect at a homebirth

- **If you are considering a homebirth, please attend our monthly virtual homebirth information night for more information. To sign up please let your midwife know that you would like to be added to the list.**
- **Midwives will be wearing full protective equipment including masks, gowns and sometimes face shields.**

- **Please limit the number of support people in the room to two (2). We request that they wear a mask. If they do not have a mask available please talk to your midwife when they arrive about providing one.**

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.