

COVID-19 UPDATES

Community Midwives of Hamilton
July 29, 2021

Dear Clients,

As Hamilton moves through stages of the Roadmap to Reopening, here at Community Midwives we are committed to continue providing you safe, personal, and excellent care during your pregnancy, labour and postpartum period.

Recommendations to protect yourself and others

- Wear a mask or face covering in indoor public spaces and public events. Masks or face coverings should also be considered at some outdoor events
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer
- Avoid contact with people who are sick
- Avoid all non-essential travel. For more information on travel advisories please check [here](#)

Vaccinations

- Covid-19 vaccinations in pregnancy can be booked through public health at 905-546-2489 or by visiting <https://www.hamilton.ca/coronavirus/covid-19-vaccine-booking>.

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 continuing to use 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.

Clinic support partner visit policy

- One support person over the age of 12 may accompany clients to attend scheduled in-person prenatal and postpartum clinic visits
- All support persons must wear a mask
- Support persons will not be permitted in the waiting room. If a clinic room is not available, you will be asked to wait outside until the clinic room is ready

What Community Midwives is asking from you

- Mask or face covering: Please wear a mask or face covering to all clinic and homevisits appointments. If you arrive at the clinic and do not have a mask please see our administrative staff.
- If you or a family member are sick, please page prior to coming to your visit.
- If you have concerns about a fever (over 38 degrees Celsius), cough or travel history visit the public health website [here](#). For additional information you can contact public health at 905-546-2424 x7079 or Telehealth at 1-866-797-0000.

What to expect at the hospital

- Hospitals are limiting entrances to ensure appropriate screening of all patients and visitors. Check with your midwife about which entrance you should use prior to going.

Hospital visiting guidelines

- Hamilton Health Sciences - McMaster: the most up-to-date visitor information and online screening tool can be found [here](#)
- St Joseph's Healthcare Hamilton: the most up-to-date visitor information and online screening tool can be found [here](#)

What to expect at a homebirth

- If you are considering a homebirth, please attend a 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 eye protection.

- Please limit the number of support people in the room to 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
- 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. Please discuss with your midwife if you have any questions or concerns.