

# COVID-19 UPDATES

Community Midwives of Hamilton  
January 31, 2022

Dear clients

As we move into 2022 and continue to work through the changing COVID-19 landscape, 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.
- 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 and boosters 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.

#### \*NEW\* Changes to our clinic support partner visit policy

- You are welcome to bring one (1) support person to your clinic visits. They will need to pass screening and wear a mask. They are not permitted in the waiting room, therefore if you arrive prior to a clinic room being available, they will be asked to wait outside

#### What Community Midwives is asking from you

- Mask or face covering: Please wear a mask or face covering to all clinic and home visit 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 screening. Check with your midwife about which entrance you should use, prior to going.

#### \*NEW\* Hospital visiting guidelines

- McMaster visiting guidelines have recently changed. You can find the most up to date information [here](#)
- SJH visiting guidelines have recently changed. You can find the most up to date information [here](#)

#### What to expect at a homebirth

- If you are considering a home birth, please attend a virtual home birth 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.
- You may receive a rapid antigen test (RAT) when your midwife first arrives to assess you.

## 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](http://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. Page your midwife if you have any questions or concerns.