

- All resources used to create this brochure are as follows:

CAPWHN COVID-19 Suggestions for the care of the perinatal population,
<https://capwhn.ca/covid-19-suggestions-for-care/> March 15, 2020

Information about Coronavirus Disease 2019

Centers for Disease Control and Prevention (CDC) - Pregnancy & Breastfeeding: Information about Coronavirus Disease 2019

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-guidance-breastfeeding.html>

Society for Maternal-Fetal Medicine: Coronavirus (COVID-19) & Pregnancy: What Maternal-Fetal Medicine Subspecialties Need to Know
<https://www.smfm.org/covid19> March 11, 2020

Toronto Region COVID-19 Hospital Operations Table: COVID-19 Recommendations for Management of Pregnant Women & Neonates with Suspected or Confirmed COVID-19, Version Date, March 17, 2020

Please remember information may change as COVID-19 continues to evolve on a daily basis.



COVID-19 (Coronavirus) & Pregnancy



LONDON HEALTH SCIENCES CENTRE (LHSC) & SOUTHWESTERN ONTARIO MATERNAL, NEWBORN, CHILD & YOUTH NETWORK (MNCYN)

What effect does COVID-19 have on pregnant women?

- In general, pregnant women are more at risk of infections
- Pregnant women do not appear to be more severely affected if they develop COVID-19
- It is expected most pregnant women will experience only mild or moderate cold/flu-like symptoms
- If you have an underlying condition (i.e.) asthma or diabetes, you may become more ill if you have COVID-19

What effect will COVID-19 have on my baby if I am diagnosed?

- No evidence of increased risk of miscarriage or fetal abnormalities
- Limited data, but other respiratory viral infections (influenza, SARS, MERS) have been associated with low-birth weight & preterm birth, but this may be due to severe maternal illness



What happens if I go into labour during my self-isolation period?

- If you go into labour, call your Midwife or LHSC Obstetrical Triage Department immediately at 519-685-8500 extension 56946 to inform them & remind them of your suspected or confirmed COVID-19 status
- LHSC hospital has initiated health screening at entrances. Please expect to be placed on isolation on arrival with staff caring for you wearing masks, gowns and gloves.
- Visitor restrictions are in place. Only 1 support person is permitted to attend with you for the birth of your baby.

How will my baby be cared for in hospital if I have suspected or confirmed COVID-19?

- Your baby will be tested after birth
- You will talk with your Physician/Midwife and our staff about managing the care of your baby in hospital.
- Your non-infected partner or family member will be asked to provide care for the baby wearing a mask.
- Before & after close contact or touching your baby, you should thoroughly wash your hands and wear a mask.
- Should you wish to practice skin-to-skin and breastfeed at the time of birth and/or during the post delivery period, a risk benefit discussion will be required with your doctor.
- Always practice respiratory hygiene and cough etiquette when near your baby.

<https://www.cdc.gov/oralhealth/infectioncontrol/faqs/respiratory-hygiene.html>

Can I still attend my antenatal appointments?

- Contact your midwife or physician's office for further direction
- Your routine antenatal appointment may be delayed if you have or are suspected of having COVID-19

Will I still be able to breastfeed?

- Please review the most up to date breastfeeding suggestions using covid-19 guidance documents available on the Middlesex London Health Unit website: <https://www.healthunit.com/novel-coronavirus#guidance-documents-and-resources>
- To access phone/in-home support call: 519-663-5317. A Customer Service Representative will you to a Public Health Nurse.

What should I do if I feel unwell or am worried about my baby during self-isolation?

- For non-urgent concerns during your self-isolation, contact your healthcare provider or your local public health unit
- For urgent concerns please call the Obstetrical Triage Department at 519-685-8500 extension 56946 and advise that you will be coming in for assessment.

Will being in self-isolation affect where I give birth?

- If you are placed on self-isolation please contact your healthcare provider to discuss this further.

What can I do to reduce my risk of getting COVID-19?

The Government of Canada recommends:

- Wash hands **often** with soap & water for at least 20 seconds & dry with paper towels or reusable towel (replace when wet)
- May also use alcohol-based hand sanitizer (recommend at least 60% alcohol)
- Avoid touching your eyes, nose & mouth with dirty hands
- Cough or sneeze into your elbow or a tissue (respiratory etiquette)
- Use regular household disinfectants or diluted bleach (1-part bleach and 9 parts water) to disinfect high-touch surface



What should I do if I think I may have COVID-19 or have been exposed to the virus?

Please visit [Ontario Ministry of Health](https://www.ontario.ca/ministry-of-health) & complete the primary care self-assessment prior to calling Telehealth Ontario or visiting your Local COVID-19 Assessment Centres:

<https://lmccovid19.inputhealth.com/>

Telehealth Ontario: 1-866-797-0000 or TTY: 1-866-797-0007

Government of Canada: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Anyone with severe respiratory illness or a medical emergency should go to hospital or call 911. Tell the operator if you have suspected or confirmed COVID-19.

COVID-19 Assessment Centers are intended to educate, provide medical guidance and triage patients for care. For further information about Assessment Centres contact your local public health unit.

Middlesex London Health Unit: www.healthunit.com

For phone/in-home support: call 519-663-5317 (You will be directed to a Public Health Nurse)

For COVID-19 information: <https://www.healthunit.com/novel-coronavirus#guidance-documents-and-resources>

How do I plan for my pregnancy and delivery during COVID-19 outbreak?

- Children under 18 are not allowed as visitors at LHSC during the outbreak. Please plan childcare for your other children for your appointments and your stay for delivery.
- If your support person is ill as you start to labour, they may not be able to attend with you to the Birthing Unit. We strongly encourage you to have pre-planned an alternate choice to attend your delivery

What should I do if I am asked to self-isolate?

The Government of Canada self-isolation guidelines:

- Do not leave home unless absolutely necessary, such as to seek medical care
- Do not go to school, work, other public areas or use public transportation (e.g., buses, taxis)
- Arrange to have groceries & supplies dropped off at your door to minimize contact
- Stay in a separate room & use separate bathroom from others in your home, if possible
- If you have to be in contact with others, keep at least 2 metres between yourself & others. Keep interactions brief & wear mask
- Avoid contact with individuals with chronic conditions, compromised immune systems & older adults