

## Regarding: Information about Coronavirus measures

Dear pre- or post-natal client,

There is currently a Coronavirus- (COVID 19) pandemic in the Netherlands. This means that many people have the same virus within a short time. Together with all obstetric practices, gynaecologists, ultrasound centres situated in the IJmond region, the Rode Kruis Ziekenhuis and the maternity care organizations situated in the IJmond region ([www.ijmondgeboortezorg.nl](http://www.ijmondgeboortezorg.nl)), agreements have been made regarding the Coronavirus. With this letter we would like to inform you about these agreements and please keep an eye on the social media channels of your health care professional, [www.ijmondgeboortezorg.nl](http://www.ijmondgeboortezorg.nl) and [www.rkz.nl](http://www.rkz.nl) so that you will stay informed of the latest developments.

When you are about to attend to an appointment with the ultrasound specialist, the obstetrician or gynaecologist and you experience (mild) flu symptoms, (slight) fever, cold, or cough, we ask you **not** to visit the obstetric practice, hospital or ultrasound centre, but to contact us by telephone. Together with you we will find a way to suitably deal with the particular situation.

### **The following measures apply to all check-ups and childbirths:**

- At the Rode Kruis Ziekenhuis we take extra measures to provide safe care to all our patients and healthcare workers. Therefore, it is possible that the obstetric care you get apart from the hospital applies other measures regarding to bringing a companion to examinations or check-ups.
- All group meetings, such as information evenings and Centering Pregnancy meetings will be cancelled for the rest of 2020. The information that would be given during these meetings can be found in movie clips on [www.rkz.nl](http://www.rkz.nl) and [www.ijmondgeboortezorg.nl](http://www.ijmondgeboortezorg.nl).
- For the placement of a Foley balloon catheter, or when the child will be turned from a breech presentation, you are allowed to take one companion.
- Are you close to giving birth? The choice for a home or hospital delivery remains, unless you must deliver in the hospital for medical reasons.
- If you are going to deliver in the hospital, for now only one companion is allowed at the birth (and at the hospital). Brothers and sisters of the newborn are welcome after the birth. The companion that was present during the birth can accompany them to the ward.
- If you have been tested positive for COVID-19 or you have a strong suspicion for having COVID-19, you will deliver in the hospital with a medical indication. Mother and child shall be checked on regularly. Before entering the hospital, you (and your companion) will receive a face mask and you will be asked to disinfect your hands at the front desk. You shall be picked up by a nurse or obstetrician wearing protective equipment.
- In case of hospitalization, whatever rules the hospital is following will apply.

### **Changes in our practice space related to the spreading of the virus**

You will notice that we have made a few changes at our practice. To prevent infections, we have, for example, taken the magazines and toys out of the waiting room. We are also applying special cleaning rules and we are using hygienic aids where necessary. Please follow the rules of the concerning practice or hospital.

## Measures obstetric ward and gynaecologist policlinic Rode Kruis Ziekenhuis to prevent COVID-19 from spreading

### **The following measures specifically apply to pregnant women under supervision at one of the obstetric practices:**

- All check-ups shall proceed as planned. If, from a medical view, it is necessary to move an already planned appointment, the obstetric practice will contact you about this.
- During your appointment, a complete check-up and all the necessary medical examinations will be performed, you will receive information and your questions will be answered.
- We also request that you only bring a companion if it is really necessary. You can always make a call or video call to your partner.
- Please visit the websites and social media channels of your own obstetric practice for specific information.

### **The following measures specifically apply to pregnant women under supervision at the Rode Kruis Ziekenhuis (at the gynaecologist or obstetrician):**

- Planned check-ups at our policlinic will proceed as planned.
- We request that you come to your appointments alone and do not bring your partner, any children or family. They can 'join you' through a video call (for example with WhatsApp or FaceTime). When bringing a companion to your appointment is necessary, your gynaecologist will discuss this with you.
- When planning an ultrasound, the obstetrician or gynaecologist will tell you if it is possible to bring a companion to the appointment.
- At the following ultrasounds, you are allowed to bring one companion:
  - Term ultrasound (deadline ultrasound) with counselling for pre-natal screening
  - 20-weeks ultrasound

This can change in case the measures are being tightened or getting more flexible.

### **Adjustments regarding the postpartum period:**

- Intakes regarding maternity care shall be done at your home, only if every member of your household is free from health problems possibly related to COVID-19.
- While the maternity help is present at your home, the presence of one visitor is allowed. During the postpartum period this has to remain one and the same person.
- Cut your social contacts to a minimum to keep the risk of infection as low as possible. When you are about to receive visitors, make sure they are absolutely free of illness or symptoms before their visit you and always follow the mentioned hygienic measures.
- You are not allowed to receive any visitors while you are in the hospital. There is only one person (partner) allowed to be with you together with the maternity help. This means your children cannot visit you.
- When you are proven or suspected to have COVID-19, you shall receive 3 hours of maternity care a day.



### Questions?

If you still have questions after reading this information, you can always ask us, of course. We will continue to provide you with high quality care to the best of our ability. For current information, you can also visit the website of your health care professional!

### In conclusion

These are peculiar times, but luckily, we live in a down-to-earth region. We very much hope for your understanding and co-operation. Of course, we also care for our own health. This way we take care of each other!

Kind regards,

On behalf of the complete team of obstetricians, ultrasound specialists, maternity helps, nurses, gynaecologists, paediatricians and the Rode Kruis Ziekenhuis.

Ijmond Geboortezorg