

Access Midwifery & Family Care

Serving Esquimalt, Western Communities and Victoria

March 23, 2020

Pregnancy, Labour & Birth Information During Covid-19

PREGNANCY & Confirmed COVID-19:

- If you do contract the Covid-19 virus in pregnancy it is recommended you have an ultrasound 14 days following the resolution of acute illness.
- There might be a greater risk of the baby's growth being restricted in the uterus and being born smaller than usual - based on data from other coronaviruses (e.g. two-thirds of pregnancies with SARS were affected by small intrauterine growth).
- Therefore, pregnant women with Covid-19 should have an ultrasound to monitor for growth restriction in the baby and a hospital birth is recommended with additional monitoring during your labour.

If we advise you to come to the hospital for a medical reason, please page first, come by car (***not to call EMS***) and we will contact the unit before you arrive.

LABOUR AND BIRTH INFORMATION:

Planned place of birth handbook: Delivery in the hospital setting is safe and all measures are being taken to ensure you and your baby's safety.

- **Whether at home or hospital social distancing, self monitoring and contacts with travellers or others who may have been exposed is very important to consider.**

Please talk to your midwife about this. Here is some specific information from the College of Midwives of British Columbia about planning for your place of birth.

<http://www.cmbc.bc.ca/publications/planned-place-of-birth-handbook/>

If you are in labour and are planning a hospital or home birth and have NO symptoms of COVID 19 and have not been exposed, at this point, we will provide care as we normally do.

- REMEMBER there are no visitors (outside of one support person) that can accompany you in hospital
- We request you limit the numbers at your home birth with respect to the social distancing guidelines .
- We will ask you some extra screening questions to ensure safety of homebirth, not only for you and your baby but also for the midwives.

Access Midwifery & Family Care

Serving Esquimalt, Western Communities and Victoria

- Ample hand washing (soap and water for at least 20 seconds). We may be wearing some sort of protective gear (mask, etc)

LABOUR/BIRTH & Confirmed COVID-19

COVID19 Symptoms or COVID 19 Positive status and Labour?

- The BC Reproductive Infectious Disease specialist is available for advice and recommendations to midwives and doctors so we can safely care for you with the most up to date and specific information.
- Health care providers will care for you and wear personal protective equipment. That means you will see us in a mask, gown, safety glasses and of course gloves.