



June 9, 2020

### **COVID-19 Update**

Dear Clients of Mountain Midwifery Care,

It is hard to believe that over two months have passed since our last update letter. In that time, many babies have been born, and many new clients have arrived to start their prenatal care. Wearing masks and protective clothing while we work has become normal, though we are looking forward to the day when we can interact without them.

As more businesses open and the weather turns to summer, we see that people are out more and that the streets are not as empty as they were. Many people are becoming more comfortable with wearing masks while they are out in a public place such as the grocery store. Keeping our distance from others and avoiding hugs and handshakes has become normal.

At the clinic, Diane is back at her desk and now has a plexiglass shield. We continue to keep the waiting room empty by calling you up to the clinic once we are ready to see you and asking you to come alone to your visits if possible. Please let us know if you have any barriers that would keep you from waiting in your car. We have been able to maintain a good supply of hand sanitizer, cleaning products, and personal protective equipment throughout the months of the pandemic. We are also finding that completing some of our visits by phone has been a good way to limit unnecessary exposure.

Our schedule of visits remains the same as outlined in the March 23<sup>rd</sup> update.

Many of you have worn a mask to your visits, and we appreciate this very much. The medical mask that we wear helps to protect both of us, but if you wear a mask, even a cloth mask, the risk of exposure for everyone is reduced even more. Since the coronavirus that causes Covid-19 can be spread by infected but asymptomatic individuals, using masks is now recommended to prevent spread of the virus. For this reason, we request that you wear a mask for your visits.

In Ontario, the number of new cases has hovered around 300-400 for the last few weeks and is showing a gradual decline this week. As restrictions are lifted, we must all remain careful in our interactions.

Together we will get through this!

From all of us at Mountain Midwifery Care