

March 15, 2020

Dear Obstetrical Patients,

We know that the Covid-19 (Corona Virus) is making pregnant women worry about how the virus might affect the health of you and your baby. Your Women's and Infants' team is working to decrease risk to you during your pregnancy and provide you what we know about Covid-19 and pregnancy.

First, if you are 20 weeks' gestation or more in your pregnancy and are unwell with a fever (greater than 38C), have a cough and/or difficulty breathing please call your OB care provider who will complete a telephone screen and discuss the next steps in your care. This may include staying home, seeing your family physician, going to an assessment centre or coming to the Birthing Unit.

If you are asked to come to the Birthing unit, on arrival to the Birthing unit, please pick-up the phone located outside the doors of the Birthing unit and inform us that you called with symptoms. A staff member will meet you at the door, give you face mask, ask you to clean your hands and escort you into the unit.

**\*\*Please bring ONLY ONE SUPPORT PERSON**

Women will only be allowed 1 support partner per 24 hours during their triage, labour and delivery and postpartum. This is to decrease the risk infection for all our moms, babies and families.

Some important facts we want our patients to know if they have COVID-19:

1. The large majority of women will have only mild or moderate cold/flu like symptoms if infected by the virus.
2. There is an estimated incubation period of 0-14 days (mean 5-6 days) from exposure.
3. There are no known cases of vertical (mother-to-infant) or breastmilk transmission during the pregnancy.
4. If you are well, COVID-19 positive and breastfeeding, you will receive additional education on how to reduce risk of transmission to your baby.
5. No evidence exists that suggests infection with COVID-19 is associated with teratogenicity (fetal abnormalities) or early pregnancy loss.
6. No evidence to suggest that delayed cord clamping at time of birth should be avoided in moms that test positive for COVID-19 who are well.
7. COVID-19 positive Moms that are well with healthy infants can room together, you will receive additional education on how to reduce risk of transmission.
8. It is recommended to deliver in the hospital to allow close monitoring of you and your baby during labour.

We understand that this is a special time in your life and know how stressful this is for you. We want you to know we are working continuously to understand COVID-19 and its effects. We will update this as new information becomes available.

Thank you for your cooperation and understanding during this time.

Sincerely,

The Women's & Infants' Leadership Team

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