



Midwifery Visit Schedule During COVID-19 Pandemic

We are working hard to keep our midwives and clients safe during the global pandemic. Some guidelines will help to get us through this crisis with as little community transmission as possible. It is an expectation that our clients are practicing social distancing and our midwives and hospitals are doing the same. As always, we are sanitizing rooms between clients. We are stepping up sanitization of doorknobs, railings, seating and other surfaces. Everyone is being screened before visits.

We have made the following changes to scheduled visits in to further protect all our clients, midwives, and community members at this time. We hope you take these changes seriously as we are a small practice of midwives and if we have a high-risk exposure to the virus, it may impact your care greatly (i.e., not being at your birth, rescheduling of visits).

Please take note of the following changes to scheduled visits:

- If you or others in your home are sick and/or in self-isolation, or self-monitoring, please stay at home and call the clinic to reschedule and/or make alternative arrangements.
- **If you are unsure if you should come to a visit or not please stay home and call the clinic, we will be happy to guide you!**
- Please use the hand sanitizer at the door upon entering the clinic.
- Please do not bring children or any support persons with you to your clinic visits without checking with our midwives and/or administrative staff first.
- We are still doing scheduled clinic visits for well people in our care.
- We are still doing home visits but if you or a person you reside with are unwell or screen positive for risk, we may make alternative arrangements for your visit.
- We ask only the persons residing in your home to be present for home visits.

NEW Timing of Scheduled Visits:

We are using the most up to date information to guide our care from the World Health Organization, the Association of Ontario Midwives, the College of Midwives of Ontario, the Society of Obstetricians and Gynecologists of Canada and the Simcoe-Muskoka Public Health Unit.



For clients less than 26 weeks pregnant: other than your intake visit we will conduct the rest of your visits over the phone if possible. If a concern is identified on phone assessment, then we will arrange to see you in person. Please do not attend another primary care provider in lieu of in person midwifery visits. Speak to your midwife if you are not comfortable with phone visits.

For clients 26 weeks pregnant or more: most visits will be in person at the office/home and increase in frequency as you get closer to your due date.

After the baby arrives: all early postpartum visits will be done at office/home, but we might also include phone check-ins between your visits.

A reminder that visits may change based on each person's clinical picture. Please note you may be notified of changes as we gain more information on how to best guide quality, safe care during the pandemic.

As always, midwives will be available by pager 24/7 for urgent concerns. If speaking to your midwife can wait 2-3 business days, then please leave us a message at the office for non-urgent concerns.

At this moment, all lab work and ultrasounds for pregnancy and postpartum are still being done. Please see individual testing centers for their restrictions on hours, support people etc.

For the most up-to-date and reliable information about COVID-19 from the following sources:

[Simcoe Muskoka Health Unit](#) - information and updates in our local area (also can call them at: 705-721-7520 or 1-877-721-7520)

[Public Health Ontario](#) - collection of factsheets on self-monitoring and self-isolation

[Omama.com](#) – Ontario based COVID-19 and pregnancy

[Provincial Council for Maternal and Child Health](#) – Covid-19 vaccine in pregnancy

[Society of Obstetricians and Gynecologists](#) – Covid-19 and pregnancy

[Association of Ontario Midwives](#) – Gathered resource list on Covid-19 and pregnancy