

IMPORTANT UPDATE ABOUT YOUR CARE AND THE CORONAVIRUS, COVID-19

Dear all,

On March 13 2020 the National Midwifery Organization published strict measures to take against the spread of the Coronavirus, COVID-19. We ask for your understanding in following these measures. We are implementing them for your health and for ours as healthcare provider.

Pregnancy:

- The period between your prenatal visits will become longer. This means you will visit us less frequent. This measure will be effective until at least March 31. The appointments that have already been planned will be adjusted to the new schedule. We will call you if your meeting needs to be rescheduledPrenatal visits:
- If you have a fever, signs of a cold or signs of the flu stay at home and do not come to our clinic.
- Do not bring your partner, children or anybody else with you to the visits at our clinic. If they want to be part of the visit, they can (video)call.
- The visits at our clinic will be as short as possible. We will measure your blood pressure, check the growth of your uterus and the baby and listen to the baby's heartbeat. Any questions that you have will be answered by phone the day before your visit to our clinic. This measure focusses on keeping physical contact to a minimum between everybody in the waiting room and the meeting room.

Delivery:

- At this moment you still have a choice where you want the delivery to take place. Both at home or in the hospital. During a hospital delivery you can bring a maximum of one person. After the birth you cannot receive guests at the hospital.
- We are in close contact with all hospitals in Amsterdam in order to make the safest arrangements for each delivery.

Postnatal period:

- The postnatal visits will be done by phone. We will come over when necessary.

Of course safety for you and your baby is the most important during the strict measures. Here is a list of events in which you have to call us on 06-53540276:

- Vaginal blood loss
- Vaginal fluid loss/broken membranes
- Fever higher than 38 Celsius, measured rectally
- Pain in your belly and/or back that comes and goes if you are not 37 weeks pregnant yet.

- If you do not feel the baby move as you know it or not at all and you have passed 26 weeks pregnancy.
- If you are vomiting and at risk of dehydration

We hope this has given you enough information about the strict measures. You can always call or email with questions.

Thank you again for understanding the measures that we all need to take to minimize the spread of the corona virus.