

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

Dear all,

Thanks to the measures put in place to tackle coronavirus we are, slowly, moving in the right direction. Although following the press conference dd April 21st some of the COVID 19 measures are being relaxed, most our social distancing measures implemented earlier are being extended till the end of May in order to maintain safety for all of us. We appreciate your cooperation and flexibility.

**As far as we know pregnant women do not appear to be more at risk to the consequences of infection with COVID-19 than the general population. Expert opinion is that the fetus is unlikely to be exposed during pregnancy.**

Pregnancy:

- If you have a cough, high temperature or signs of a cold or flu **do not come** to our practice, but give us a call.
- The period between your prenatal visits are longer. This means you will visit us less frequent. Appointments will be adjusted to this schedule, this measure will be effective until at least **June 1st**. We will contact you if your visit needs to be rescheduled.
- **No** partners, children, friends or family members may attend **antenatal appointments** or **scanning**. If they want to be part of the visit, they can do so by (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 before you visit our practice.

Delivery:

- At this moment you still have a choice where you want to give birth, both at home and in hospital. During a hospital delivery **one** birth partner is allowed for birth only. No visitors are allowed in hospital after the birth.
- 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 **telephone**, when necessary we will visit you at home.

As always, the safe care of you and your baby remain our highest priority.

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 usual or not at all and you have passed 26 weeks pregnancy.
- If you are vomiting and at risk of dehydration

We understand that the recent changes may cause some anxiety during an already emotional time. Please know that you're in good hands and do not hesitate to contact us.

We will continue to update you with new information through our website and via social media platforms such as **Facebook** and **Instagram**. Updates on the latest information from **the Dutch Government** about COVID-19 can be found on:  
<https://www.rijksoverheid.nl/onderwerpen/coronavirus-covid-19>