

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

Dear all,

Because of the swift rise of corona cases the last few weeks we decided on some 'new' measures regarding **COVID-19**. These changes are made with the safety of our patients and staff as our top priority.

As from today we ask all our visitors to our practice to wear an appropriate face covering!

Situations in which you need to stay at home (and contact us by telephone):

- You have symptoms of coronavirus disease (COVID-19); **get tested** as soon as possible and stay at home. Call the GGD for an appointment at **0800 - 1202**, or plan an appointment online via **coronatest.nl**
- You or someone you live with has coronavirus;
- Someone you live with has symptoms of COVID-19 (fever and/or shortness of breath);
- You have been in close contact with someone with coronavirus (within 1.5 meters for at least 15 minutes);
- You are travelling to the Netherlands from a country or region where upon return you should self-quarantine;
- If you have been tested and the results **confirm** that you have coronavirus, the municipal health service (GGD) will contact you. Inform us by telephone, so we can give advice on any further plans needed. You may need to rebook some of your pregnancy appointments or have them by phone;
- If you have been tested and the results are **negative** (you do not have coronavirus), please also inform us by telephone so we can give advice and plan a next appointment.

Basic rules:

- As from today the wearing of a **face covering** will be mandatory in our practice
- We use three locations for our maternity care; Sloterveerlaan 103 (head/ echo location), Burgemeester Fockstraat 57 & Hoofdweg 458.
- Partners are welcome at both prenatal visits with the midwife as well as scans.
- **No** children, friends or family members may attend **antenatal appointments** or **scanning**. If they want to be part of the visit, ask the midwife if they can join by (video)call.
- If possible, do come **alone** to your appointment
- Do not come late, but also not too early (preferably 5 minutes before your appointment).
- There is a maximum of **4 people** in the waiting room, so that adequate distance (1,5 meters) can be kept. If the waiting room does get too crowded, we will ask you to wait outside until we call you in for your appointment.
- **Wash your hands** with soap and water or use **hand sanitizer** upon entering our obstetric center.