



March 19, 2020

Hello Dear Clients,

We want to provide you with an update regarding recommendations for pregnancy and postpartum care during the current pandemic of the respiratory disease COVID-19 and our plans and availability.

As we are sure you have seen, there are recommendations that pregnant people reduce social contact, work from home, and take steps to reduce exposure. We want to reiterate that there is currently no new evidence to suggest that pregnant women are at greater risk from coronavirus (COVID-19) than other healthy individuals, or that they can pass the infection to their baby while pregnant or through breastmilk. These recommendations are important precautionary measures, to reduce the theoretical risk to you and to baby. There is a known association between fever and illness and risk for preterm labor so it is vitally important that if you have a known exposure or feel any symptoms you contact your midwife immediately and do not come into clinic for any regular visits. We will make a plan with you so that you continue to receive care.

Prenatal, birth, and postpartum care are highly correlated with positive outcomes for both mother and baby. We are scheduling families with time to wipe down the clinic between each visit and can do home visits and tele-visits as needed and appropriate so that you can continue to receive care.

You are considered exposed if:

- You live in the same house as someone with a confirmed case
- You care for someone with a confirmed case
- You are within 6 feet for ten or more minutes with someone with a confirmed case
- You have direct contact with any secretions or bodily fluid from a person who is sick. This includes kissing, sharing drinks or utensils, or being coughed on

If you have been sick, you need to stay away from others for a full 14 days.

Symptoms and a reason to call your midwife include:

- A dry cough
- Shortness of breath (it is normal to feel that you cannot get a full breath in later pregnancy as baby grows into your lung space, but not to feel that you have to breath quickly or take shallow breaths or that you don't have enough oxygen in your body). Call us if you are not sure
- Fever above 99 degrees

Finally, if you have any symptoms call (don't text or message) your midwife, regardless of the hour. If you are having trouble breathing to the level that it feels life-threatening, call 911. Have someone in your family call the midwife *after* 911 has been called.

If you are stuck at home due to exposure, or do not have transportation or funds, and need diapers or food, please let us know. We have a small discretionary fund and our staff can make porch drop-offs to you during the day, or order for you if needed. Keep in mind we are stretched thin right now *and* your



health and well-being are a priority—we will do our best to meet your needs and/or refer you to other resources.

We understand that there is increased stress during this time. We want to reassure you that stress is a normal part of baby's experience as they grow inside of you. Remembering to take a few deep breaths throughout the day and reassuring baby (and yourself!) that while you are stressed, you are both okay. This releases the oxytocin into your blood stream which will cross the placenta and provide your baby with the sensation of feeling loved and safe. That is normal life—stress, recovery, connection, rest, repeat. You are doing the best you can—take a minute to pat yourself on the back and rub your belly or give your newborn a little massage and reassurance, too.

We are here for you when you need us. Please do not hold fears and questions until your appointment. Send us a message through your Client Portal in Client Care or call us.

To reach your midwife, call Jenn directly at 808-371-1802 .

DO NOT TEXT AT NIGHT OR IF IT IS URGENT

Your call will be answered or returned quickly, your text may not be heard or seen for several hours.

We appreciate your time and thank you for continuing to trust us with your care, we are working hard every day to ensure that you retain access to excellent midwifery care.

With love,

Your Rainier Valley Midwifery Team and Staff

Jenn and Latonia

Tara, Amelia, Libby, Deziree, and Jodilyn