

All resources used to create this brochure are as follows:

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CAPWHN. (March 15, 2020). CAPWHN COVID-19 Suggestions for the care of the perinatal population. Retrieved from <https://capwhn.ca/covid-19-suggestions-for-care/>.

Centers for Disease Control & Prevention. (2019). Pregnancy & Breastfeeding: Information about coronavirus disease. Retrieved from https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fpregnancy-breastfeeding.html

Society for Maternal-Fetal Medicine. (March 11, 2020). Coronavirus (COVID-19) & Pregnancy: What maternal-fetal medicine subspecialties need to know. Retrieved from <https://www.smfm.org/covid19>

Toronto Region COVID-19 Hospital Operations Table (March 17, 2020). COVID-19 Recommendations for Management of Pregnant Women 7 Neonates with Suspected or Confirmed COVID-19.

Please remember information may change as COVID-19 continues to evolve on a daily basis.



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Content Adapted from London Health Sciences Centre

What should I do if I think I may have COVID-19 or have been exposed to the virus?

Please visit **Ontario Ministry of Health**

<https://www.ontario.ca/page/2019-novel-coronavirus-covid-19-self-assessment>

and complete the self-assessment tool prior to calling Telehealth Ontario or visiting your local COVID-19 Assessment Centers

Telehealth Ontario: 1-866-797-0000
or **TTY: 1-866-797-0007**

Government of Canada

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Anyone with severe respiratory illness or a medical emergency should go to hospital or call 911. Tell the operator if you have suspected or confirmed COVID-19.

COVID-19 Assessment Centers

are intended to educate, provide medical guidance and triage patients for care. For further information about Assessment Centers contact your local public health unit:

Brant County Health Unit

- **Website:** <https://www.bchu.org/>
- **Telephone:** 519-753-4937
- If you have any questions related to COVID-19 **email:** Covid-19@bchu.org

For COVID-19 Information:

- <https://www.bchu.org/ServicesWeProvide/InfectiousDiseases/Pages/coronavirus.aspx>

Content Adapted from London Health Sciences Centre

COVID-19 (Coronavirus) and Pregnancy

Brant Community Healthcare System



Content Adapted from London Health Sciences Centre



What effect does COVID-19 have on pregnant women?

- In general, pregnant women are more at risk of infections
- Pregnant women do not appear to be more severely affected if they develop COVID-19
- It is expected most pregnant women will experience only mild or moderate cold/flu-like symptoms
- If you have an underlying condition (i.e. asthma or diabetes), you may become more ill if you have COVID-19

What effect will COVID-19 have on my baby if I am diagnosed?

- No evidence of increased risk of miscarriage or fetal abnormalities
- Limited data, but other respiratory viral infections (i.e. Influenza, SARS, MERS) have been associated with low-birth weight & preterm birth, but this may be due to severe maternal illness.

What happens if I go into labour during my self-isolation period?

- If you go into labour, call your Midwife or BCHS Obstetrical Triage Department immediately at 519-751-5544 ext. 2355 to inform them & remind them of your suspected or confirmed COVID-19 Status
- BCHS Hospital has initiated health screening at entrances. Please expect to be placed on isolation on arrival with staff caring for you wearing masks, gowns, and gloves
- Visitor restrictions are in place. Only 1 support person is permitted to attend with you for the birth of your baby

How will my baby be cared for in hospital if I have suspected or confirmed COVID-19?

- Your baby will be tested after birth
- You will talk with your Physician/Midwife and our staff about managing the care of your baby in hospital
- Your non-infected partner or family member will be asked to provide care for the baby wearing a mask
- Before & After close contact or touching your baby, you should thoroughly wash your hands and wear a mask
- Should you wish to practice skin-to-skin and breastfeed at the time of birth and/or during the post delivery period, a risk benefit discussion will be required with your doctor.
- Always practice respiratory hygiene and cough etiquette when near your baby

<https://www.cdc.gov/oralhealth/infectioncontrol/faqs/respiratory-hygiene.html>

Take a look at the above website for further information on Respiratory Hygiene and Cough Etiquette

How do I plan for my pregnancy and delivery during COVID-19 outbreak?

- New visitor policy at BHCS during the outbreak, allowing for one visitor only.
- If your support person is ill as you start to labour, they may not be able to attend with you to the Birthing Unit. We strongly encourage you to have pre-planned an alternate choice to attend your delivery

What should I do if I am asked to self-isolate?

The Government of Canada Self-Isolation Guidelines:

- Do not leave home unless absolutely necessary (such as to seek medical care)
- Do not go to school, work, other public areas or use public transportation (i.e. buses, taxis)
- Arrange to have groceries & supplies dropped off at your door to minimize contact
- Stay in separate room & use separate bathroom from others in your home, if possible
- If you have to be in contact with others, keep at least 2 meters between yourself & others. Keep interactions brief and wear a mask
- Avoid contact with individuals with chronic conditions, compromised immune systems & older adults

Brant Community Healthcare System

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Visit us on the Web
www.bchsys.org