

Regarding: Information about Coronavirus measures

Dear pre- or post-natal client,

Together with all obstetric practices, gynaecologists, ultrasound centres situated in the IJmond region, the Rode Kruis Ziekenhuis and the maternity care organizations situated in the IJmond region (www.ijmondgeboortezorg.nl), agreements have been made regarding the Coronavirus. With this letter we would like to inform you about these agreements and please keep an eye on the social media channels of your health care professional, www.ijmondgeboortezorg.nl and www.rkz.nl so that you will stay informed of the latest developments.

When you are about to attend to an appointment with the ultrasound specialist, the obstetrician or gynaecologist and you experience (mild) flu symptoms, (slight) fever, cold, or cough, we ask you **not** to visit the obstetric practice, hospital or ultrasound centre, but to contact us by telephone. Together with you we will find a way to suitably deal with the particular situation.

The following measures apply to all check-ups and childbirths:

- At the Rode Kruis Ziekenhuis we take extra measures to provide safe care to all our patients and healthcare workers. Therefore, it is possible that the obstetric care you get apart from the hospital applies other measures regarding to bringing a companion to examinations or check-ups.
- All group meetings, such as information evenings and Centering Pregnancy meetings will be cancelled for now. The information that would be given during these meetings can be found in movie clips on www.rkz.nl and www.ijmondgeboortezorg.nl.
- For the placement of a Foley balloon catheter, or when the child will be turned from a breech presentation, you are allowed to take one companion.
- To prevent COVID-19 from spreading you will be tested for coronavirus before placing a Foley balloon catheter, before inducing labor, or during labor. When you make an appointment for placing a Foley balloon catheter, inducing labor or child birth you shall be informed when the corona test shall be taken.
- When you give birth at the Rode Kruis Ziekenhuis a coronavirus quick test shall be performed on you. This quick test will not be done when you have had COVID-19 during your pregnancy, or when you were tested negative on COVID-19 within the 72 hours before giving birth. We realize these measures are far-reaching, and that this demands a lot from you, but with this testing protocol we protect each other against spreading of the virus.
- Are you close to giving birth? The choice for a home or hospital delivery remains, unless you must deliver in the hospital for medical reasons.
- If you are going to deliver in the hospital, for now only one companion is allowed at the birth (and at the hospital). Brothers and sisters of the newborn are welcome after the birth. The companion that was present during the birth can accompany them to the ward. For further visiting instructions we would like to refer to the current instructions for visiting on the website of the Rode Kruis Ziekenhuis www.rkz.nl
- If you have been tested positive for COVID-19 or you have a strong suspicion for having COVID-19, you will deliver in the hospital with a medical indication. Mother and child shall be checked on regularly. Before entering the hospital, you (and your companion) will receive a face mask and you will be asked

to disinfect your hands at the front desk. You shall be picked up by a nurse or obstetrician wearing protective equipment.

Changes in our practice space related to the spreading of the virus

You will notice that we have made a few changes at our practice. To prevent infections, we have, for example, taken the magazines and toys out of the waiting room. We are also applying special cleaning rules and we are using hygienic aids where necessary. Please follow the rules of the concerning practice or hospital.

Measures obstetric ward and gynaecologist policlinic Rode Kruis Ziekenhuis to prevent COVID-19 from spreading

The following measures specifically apply to pregnant women under supervision at one of the obstetric practices:

- All check-ups shall proceed as planned.
- During your appointment, a complete check-up and all the necessary medical examinations will be performed, you will receive information and your questions will be answered, unless agreed otherwise.
- Wearing a mouth nose mask during your appointment is mandatory. This applies to your companion also. Ofcourse the obstetrician shall also wear a mouth nose mask and/or a face shield during check-ups, childbirth and maternity visits.
- We also request that you only bring a companion if it is really necessary. You can always make a call or video call to your partner.
- Please visit the websites and social media channels of your own obstetric practice for specific information regarding the Corona measures.

The following measures specifically apply to pregnant women under supervision at the Rode Kruis Ziekenhuis (at the gynaecologist or obstetrician):

- Wearing a mouth nose mask is mandatory when visiting the hospital. The obstetric care professionals shall wear a mouth nose mask and/or face shield during consultation hour, childbirth, and whilst being on the ward.
- Planned check-ups at our policlinic will proceed as planned.
- We request that you come to your check-ups and ultrasound appointments alone and do not bring your partner, any children or family. They can 'join you' through a video call (for example with WhatsApp or FaceTime). When bringing a companion to your appointment is necessary, you gynaecologist will discuss this with you.

Coronavaccination during pregnancy

Studies do not show any negative effects from corona vaccination during pregnancy. At the moment there is still not much known for certain about this, so we recommend to get vaccinated after giving birth. Are you experiencing any health issues which increase the risk of getting severely ill from corona? Than there is a change the benefits of getting vaccinated during pregnancy are more important than the (theoretic) cons. Please discuss with your doctor whether you should get vaccinated during pregnancy or not in your particular situation. For more information on this subject, please visit <https://www.rivm.nl/covid-19-vaccinatie/vragen-antwoorden/zwangerschap>.

Adjustments regarding the postpartum period

Visiting ward B3 at the Rode Kruis Ziekenhuis

- For current instructions concerning visiting hours (for people other than your partner) please visit the website of the Rode Kruis Ziekenhuis www.rkz.nl.
- Your children are allowed to visit you after giving birth, but they have to be transferred to your partner at the entrance of the hospital.

Maternity care

- Intakes regarding maternity care shall be done by telephone, only if every member of your household is free from health problems possibly related to COVID-19.
- For the protection of the maternity help and your family, and to provide continuity of care, there are **no visitors allowed** while the maternity help is present at your home.
- When you are proven or suspected to have COVID-19, you shall receive 3 hours of maternity care a day.
- Cut your social contacts to a minimum to keep the risk of infection as low as possible. When you are about to receive visitors, make sure they are absolutely free of illness or symptoms before their visit you and always follow the mentioned hygienic measures.

Questions?

If you still have questions after reading this information, you can always ask us, of course. We will continue to provide you with high quality care to the best of our ability. For current information, you can also visit the website of your health care professional!

In conclusion

These are peculiar times, but luckily, we live in a down-to-earth region. We very much hope for your understanding and co-operation. Of course, we also care for our own health. This way we take care of each other!

Kind regards,

On behalf of the complete team of obstetricians, ultrasound specialists, maternity helps, nurses, gynaecologists, paediatricians and the Rode Kruis Ziekenhuis.

Ijmond Geboortezorg