

## **Patient information Sheet - Pregnant and Postpartum Women on COVID-19**

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**1. WASH YOUR HANDS** WASH YOUR HANDS. Wash your hands! Soap and water is best. Wash frequently, if you go out, after contact with others, before and after you eat. Wash your children's hands regularly as well. The virus is spread by droplets (coughing, sneezing) as far as we know. The virus can live on surfaces up to 72 hours. Clean high touch surfaces. Avoid touching your face. If you are feeling sick, stay home. No exceptions.

**2. SOCIAL DISTANCING** Try to limit the number of people in your bubble. Every time you add someone to your bubble you are connecting with everyone in their bubble. Spend time in small group and open places. Practice safe distancing of 6 ft (2m). This is paramount to contain the virus and limit community spread for us all - and also to keep yourself from becoming infected. Wear a mask if physical distancing isn't possible. Stay away from anyone who has traveled or is unwell with any symptoms of cough/runny nose/sore throat/fever/aching/shortness of breath/diarrhea or vomiting. Please note these recommendations change frequently so please review the latest recommendations at the [BC Centre for Disease Control COVID-19 website](#).

**3. TRAVELLING** Limit any non-essential travel. If you decide to travel, take the same health and safety precautions you do at home. Wash your hands often, practice safe social distancing, spend time in small groups and open spaces, and clean spaces often. If anyone you know has travelled internationally they should be self-isolating and monitoring for symptoms at home for 14 days.

**4. EXPECT DOCTORS OFFICE RESTRICTIONS** Selkirk Medical Group is adapting how we book your prenatal appointments to keep you safe. Please contact the clinic for booking and instructions. We will be limiting the number of patients in the clinic during these visits to decrease the risk of exposures. We may be asking you to wait in your vehicle until you are called in and to come alone to your visits. Further details will be available from reception when you book your appointments.

**5. IF YOU OR YOUR INFANT/CHILD ARE SICK** If you have a fever, cough, fatigue, runny nose, sore throat, loss of smell/taste, severe muscle aches, or have been exposed to someone who is COVID 19 please do the [BC Ministry of Health Self Assessment Tool](#). This is an easy to use self-navigation tool that will guide you on how to proceed. If testing is advised please contact the [Revelstoke Health Centre COVID Testing and Assessment Clinic](#). This clinic is run by Public Health and the Interior Health Authority and tests are by appointment only. To book a test you may call 1-877-740-7747 or [book online](#).

Feel free to contact your physician through Selkirk Medical Group to arrange a telehealth or phone appointment to address any questions or concerns.

Don't go to the ER UNLESS you are very sick or having trouble breathing. For most people COVID-19 is an illness that is self-limited with no active treatment required.

Our knowledge to date shows that young children have not been shown to have more serious outcomes with COVID-19 infections. Infants have the potential to become quite sick with any infection at a young age. Our information on COVID-19 infections in infants is limited. Older people are at much higher risk of becoming severely ill, as is anyone with lung disease or other medical conditions.

**6. RISK TO PREGNANT WOMAN AND FETUS** Most pregnant woman who become infected with COVID 19 will have mild-to-moderate symptoms and many can be asymptomatic. However, both Canadian and International data demonstrate that approximately 8-11% of pregnant woman will require hospitalization for COVID 19 related morbidity and between 2-4% will require intensive care admission. This risk is higher in woman with risk factors including age  $\geq 35$ , asthma, obesity, pre-existing diabetes, pre-existing hypertension, and heart disease.

The pregnancy outcomes of the reported cases have been largely good, with spontaneous and medically induced preterm labour being the most commonly reported adverse pregnancy outcomes. Canadian data suggests this rate of preterm birth is 15%; a 2 fold increased rate than the average population.

**7. HOSPITAL DELIVERY IS SAFE** The hospital staff and facility will take necessary precautions for safe delivery.

**8. PAIN MANAGEMENT IN LABOUR** All routine pain management options are available. Normal non-medication principles are still strongly encouraged including ambulation, position changes, the use of hydrotherapy in the shower, acupressure, and massage.

**9. CESAREAN SECTION IS NOT REQUIRED** if you have COVID-19 in pregnancy. Vaginal birth is still preferred unless you are very sick. The healthcare team will wear protective gear. C-section will be performed for the usual reasons. Unfortunately, at this time support persons will not be allowed in the operating room should a C-section be needed for COVID positive cases or persons with respiratory symptoms.

**10. BREASTFEEDING** is still fine with the same precautions of wearing a mask and washing if you are infected. Separation of baby and mom is not recommended but may be needed for severe cases. Breastfeeding may allow for antibodies and immunity benefit for the baby but we don't know for certain.

**11. GATHER A VIRTUAL SUPPORT GROUP** Text with a group and communicate with your neighbours to keep everyone calm and help each other out. We need each other right now. Community is what unites us and this can be done without being physically together.

**12. PREPARING FOR YOUR DELIVERY** As a group - Selkirk Medical Physicians are advising women in the third trimester (37 weeks to delivery) to self-isolate themselves and also have your partner/support person self-isolate (do not leave your home for situations where you will be around others). This will help prevent potential infection during the third trimester when you will go into labour. If you are infected with COVID-19 during your third trimester there will be special infectious precautions taken during your labour.

At 37 weeks please do a daily symptoms check using the BC CDC COVID-19 self-assessment tool (<https://bc.thrive.health/>). If you have any symptoms please contact your physician through Selkirk Medical Group to arrange a telehealth or phone appointment.

During your hospital stay you will be limited to 1 support person with you. Please note that a doula is allowed in addition to this for women with no respiratory symptoms in labour. You will be asked to stay in your room - labour room and/or postpartum room. We encourage you to come prepared with a cooler with lots of good snacks and fluids.

Unfortunately, at this time we will not be allowing any other visitors during your stay. We encourage you to connect with family/friends through Skype/FaceTime so they can be involved in your special moments. Public WiFi is available for this if needed.

Due to the current COVID pandemic we encourage all woman to plan their preference for a back up support person during labour. If your primary support person is sick they will not be allowed to accompany you during your labour. We feel strongly that it will easier for you if you have thought about whom this person may be just in case.

Please note at each hospital visit you will be pre-screened at the door for respiratory symptoms prior to entering the hospital.

Last updated:, Dec 20, 2020 - Subject to change