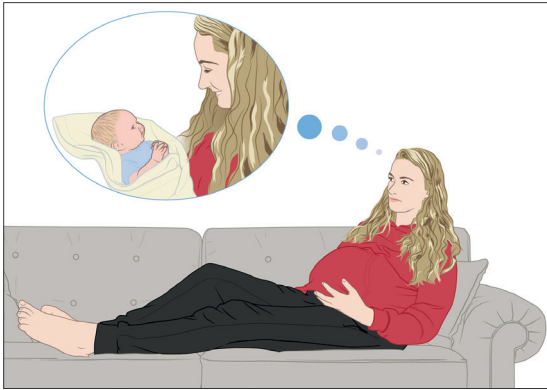


Pregnancy, giving birth, and the coronavirus.

Everything has changed because of the coronavirus. These are difficult times for everyone. This is also the case for pregnant women and their partners or parents with a young baby.



Pregnant women can also get the coronavirus.

If you have symptoms, call your midwife or the hospital. Symptoms are:

- coughing
- sneezing
- snot in your nose
- a sore throat
- a fever of 38,0 Celsius or higher

If you have symptoms, do not go to the midwife's practice. Do not go to the hospital!

What will change due to the coronavirus?

1. During childbirth

- The midwife will discuss with you where you will give birth. At home or at the hospital.
- Only one person can be present during labor and the birth. This can for example be your partner, sister, or a friend.
- Make sure you organize a babysitter for your children

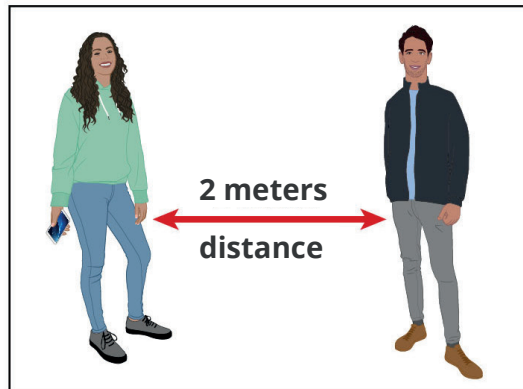
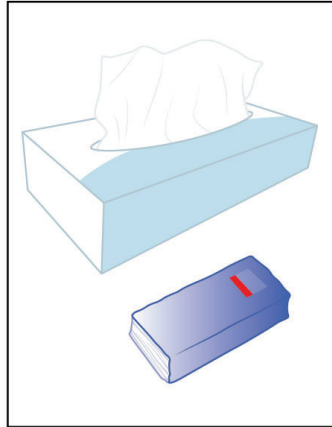


2. The baby

Your baby cannot get the coronavirus when it is still in your tummy.

After birth, the baby can get sick. To prevent this, you can do the following:

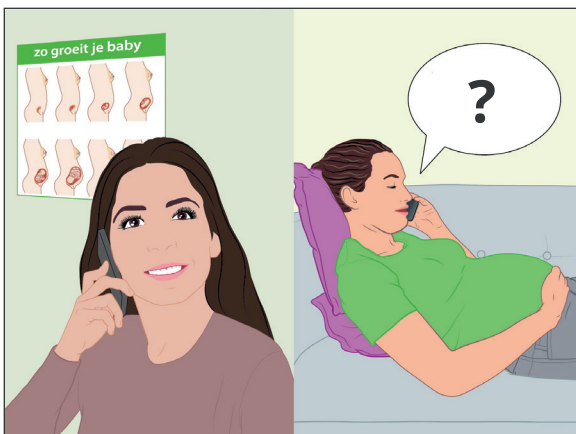
- wash your hands with soap
- use paper tissues and/or hand wipes
- sneeze and cough into your elbow
- do not shake hands, hug or kiss anyone
- keep 2 meters distance between yourself and others.



3. Questions

For all your questions, you can call the practice of your midwife.

Maybe you are seeing a gynecologist. This is a special doctor for women. This doctor will tell you what to do in case you have questions, you can call the hospital.



4. Checkups

- You will go to the practice fewertimes for checkups. Your midwife will inform you when you can and cannot come to the practice.
- Are you seeing a gynecologist? Then this doctor will tell you when to come for a checkup.
- If you have a cold or other symptoms, do not go to the midwife's practice or to the hospital.
- Do not take anyone with you to the appointment or the ultrasound appointment. Not even your partner, children, family or friends.



5. In the hospital

- After the baby is born, only 1 person is allowed to be with you. That is the same person who was with you during the birth. Other visitors are not allowed.
- You may be asked to stay a bit longer in the hospital. If this is the case, ask at the hospital how things will go.



6. At home

The midwife will only visit you if the maternity nurse asks for this.

The midwife will call you after the birth. She can also video call you.

The maternity nurse will come to your house. She will look after you and your baby and do checkups. She will explain what you can do to make sure you do not get sick. When the maternity nurse is at your house, no visitors can be there.

It is better to have no visitors at home anyway. Certainly not if someone has symptoms. For example, coughing, sneezing, snot in their nose, a sore throat or a fever. This is how fewer people will get the coronavirus.



7. Special Clothes

Sometimes people at the hospital or at your house will wear special clothes. For example, a face mask, safety glasses, protective gloves, or a protective coat. This protects everyone against the coronavirus.

8. Courses and groups

All courses and groups are cancelled. Ask if there are any meetings online (via the Internet).

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The midwife, maternity nurse and gynecologist will do everything to help you and your partner.

Here you will find more information about the coronavirus: <https://www.pharos.nl/coronavirus/>