Dear Client,

Here another update on Midwifery care in Haarlem and Haarlemmermeer during the Corona pandemic.

First of all we would like to thank you and your partner for your understanding and patience regarding our adapted working method. We see each other less often and the checks are a lot shorter. In addition, you can only share the joy of seeing or hearing a beating heart, or the sadness when an ultrasound is not good, from a distance. We find that very unfortunate! This goes completely against our vision, but it is badly needed now. Thank you for your understanding.

The information evening about childbirth has been cancelled until 1 June. You can view the presentation via: https://www.rondomzwanger.nl/wp-content/uploads/2020/03/voorlichtingsnacht-presentatie.pdf

As discussed earlier, a maternity visit is not welcome as long as the maternity nurse provides her care. A nice alternative is "Raamvisite". Let grandpa and grandma admire your child safely from behind the window.

A lot of pregnancy-related care can also be followed online. Think of yoga, hypnobirthing, physiotherapy and psychological support. We will post various options on our websites.

Briefly, the agreements now valid until 1 June:

- **Are you sick or do you have a cold? Call, but don't come to the practice.** Do not come to the practice if you have one or more of the following complaints: cold, sore throat, cough, fever or shortness of breath. Contact us by phone. If somebody at your home has these symptoms, let us know at forehand.
- The intake takes place by telephone.
- Checks that take place are kept as short as possible. This means that we only measure blood pressure and conduct external examinations. You come to these appointments alone. After this appointment, you will enter a schedule of only medically necessary checks. So there is an adjusted return schedule, this is different than indicated in your medimapp care path.
- You will be called by the midwife in the days before this appointment to discuss questions, complaints and information so that we keep the physical check as short as possible. **Make sure you can be reached; we cannot contact you if you have a protected number!**
- Only (necessary) medical ultrasounds can proceed. Unfortunately, only you are welcome.
- We also do the 6-week follow-up by telephone.
- Group meetings such as courses and information evenings will be canceled, at least until 1 June 2020.
- The choice for a home or hospital birth remains, unless it is medically necessary that you give birth in the hospital. We can discuss the place of delivery with you again, also with regard to hospital bed occupancy and the pressure on hospital staff.
- During delivery at home or in the hospital, only one partner may be present at birth (and at all in the hospital), in addition to the midwife and maternity care, so not in the hallway either, nor anywhere else in the hospital.
- Bath deliveries are not possible at home or in the hospital.
- Maternity visits after delivery are also not desirable in the hospital or at home.

- In principle, maternity visits are done by telephone / videophone, unless there is a medical reason for us to visit. Naturally, we are easily accessible for you or the maternity nurse for consultation and we will come by, after consultation, if the maternity nurse considers this desirable or medically necessary.
- The advice is to measure the temperature of your child in maternity week three times a day
- Placing or removing IUD's is also not under medically necessary care and we will not provide this care until 1 June

The midwives in this region would like to let you know that we think taking care of you is very important and for this reason we have all kinds of emergency plans ready to continue to give you good care, whatever happens. We work together with all obstetric practices in Haarlem and Haarlemmermeer, the ultrasound offices, maternity care, the GPs and the delivery departments in the hospitals. Together we put our shoulders to the wheel to continue to guarantee your care. We have confidence in this!

haarlem en meer
cooperatie verloskundigen haarlem en haarlemmermeer