

Dear pregnant client,

Unfortunately, the number of corona infections in the Netherlands is still increasing. Currently, there is no evidence that infection with COVID-19 in pregnant women is different from that in the general population. We follow closely the advice of the RIVM and the RCOG guideline.

In order to avoid contact as much as possible, only necessary check-ups will take place at our practice. We stay available by phone for questions and particularities 24 hours a day.

Check-ups that take place at our practice:

- 10-12 weeks ultrasound to set the due date
- 16 weeks check-up
- 20-week ultrasound at ultrasound center Het Haagse Hof
- 27 weeks check-up
- 31 weeks check-up
- 35 weeks check-up
- 37 weeks check-up
- 39 weeks check-up
- 40 weeks check-up
- 41 weeks check-up

Home visits after delivery will take place by phone as much as possible. Only when necessary and for doing the hiepprik we will do a home visit.

In addition, the following recommendations apply:

- Pay close attention to hygiene!
- Wash your hands regularly
- Cough or sneeze in the inside of your elbow
- Do not shake hands

Use tissue paper

We will greet each other by waving and no longer shake hands during checks at the practice or during home visits.

Contact us by phone **before** coming to your appointment if you have a cold (runny nose, cough, shortness of breath and/or fever). You can call us at 06-29453699

Come to the appointments **on your own**. Your husband/partner cannot come with you.

Measures taken by the hospital

- When you have a hospital appointment only your husband/partner can come with you. Your husband/partner **cannot** come when having respiratory complaints, coughing complaints of fever.
- During childbirth only your husband/partner can come with you. Your husband/partner **can** come when having respiratory complaints, coughing complaints of fever, extra measures will be taken.
- When you need to stay in the hospital after childbirth, your husband/partner cannot stay overnight.

We hope to have informed you sufficiently. If any changes occur we will inform you as soon as possible.

Kind regards,

Midwife Practice Den Haag