



To all clients,

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Chamber of Commerce
no. 40476425

Utrecht, 14 March 2020

Regarding: Information about Coronavirus
measures

Your reference

Dear client,

Dear pre- or post-natal patient,

There is currently a Coronavirus- (COVID 19) pandemic in the Netherlands. This means that many people have the same virus within a short time. Together with all other obstetric practices in the region, agreements have been made regarding the Coronavirus. These agreements will be in effect until at least 31 March 2020. We are informing you about this in this letter. Because the situation is rapidly changing, our advice is also changing fast. Please keep your eye on the social media of our practice, so that you will stay informed of the latest developments.

Answer to questions about the virus and pregnancy

We understand you may have questions; for example, what you can do to prevent infection, whether the baby is at risk, or what you should do if you are infected. For the answers to these types of questions, please visit the RIVM website: <https://www.rivm.nl/coronavirus/covid-19/vragen-antwoorden>). You can also find information at: www.deverloskundige.nl.

For your health, the baby's and ours, we would like to point out some important things. If you have had close contact with a person who may have the virus, because, for example he or she is a housemate or someone who has been in a high-risk area, they may have infected you. You could get a fever (body temperature of 38 degrees Celsius or higher) and symptoms like sore throat, headache, cold, coughing and/or shortness of breath. In that case, contact your family physician.

The following hygienic measures are important:

- Wash your hands regularly
- Cough or sneeze into your elbow
- Throw out tissues after using them
- Wash hands regularly or rub them with hand sanitiser
- Do not shake hands and do not greet people by kissing them
- Keep a social distance

Adjustments to our practice organisation during the virus pandemic

To be able to continue to responsibly provide obstetrics care during pregnancy, birth and post-natal, we have made agreements with surrounding obstetrics practices, GPs and hospitals:

- Clients who have an appointment at the practice during the coming weeks will be phoned by the obstetrician several days before this appointment.
- No check-ups are required between 16-27 weeks of pregnancy, medically speaking, and these will not be done, unless they are truly needed.
- Check-ups that do happen will be kept as short as possible. This means we will only check your blood pressure and your belly.
- We will answer questions by phone.
- We also request that you come to these check-ups alone and do not bring your partner or any children.
- Only (required) medical ultra-sounds will be done.
- We will also be doing post-natal visits by phone, unless an inoculation has to be done or there is another reason for a home visit.
- We will also be doing the 6-week post-natal check-up by phone.
- Groups meetings, such as information evenings and Centering Pregnancy meetings will be cancelled, at least until 1 April, 2020.
- 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. We can discuss the place of delivery with you again, also in view of availability of hospital beds and the pressure on hospital staff.
- If you are going to deliver in the hospital, for now only one companion is allowed at the birth (and at the hospital); extra people are also not allowed in the corridor or anywhere else in the hospital.
- Visitation is also not allowed after delivery at the hospital. If you deliver your baby at home, ask your friends and family to visit only if they have no symptoms of illness.
- If you have to stay in the hospital longer, whatever rules the hospital is following will apply.
- Other than that, the same measures apply to pregnant women as to anyone else. Keep an eye on the news and follow the general guidelines of the RIVM.
- All practices in the region are doing their best to keep the chance of infection and spreading as small as possible. We have agreed to help each other if an obstetrician does fall ill. In this way the quality of our care will remain optimal. We are doing everything we can to guide you in the right way during this special time in your life.

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

You will notice that we have made a few changes at our office. 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.

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 our website!

Sincerely,

The team at obstetrics practice: Verloskundigen praktijk Den Haag