

Dear Midwifery Clients,

The CMA continues to monitor the pandemic situation carefully and make adjustments as appropriate. As **clients** of midwifery services, you will remain as safe as possible because the CMA regulates the midwifery profession and supports Registered Midwives in all situations. For clients, please make sure that you review the Standards of Practice and Code of Ethics contained on this website, so that you know what Registered Midwives do to provide high quality care.

Protect Yourself and Others: **We all own the responsibility of decreasing the spread of this virus.**

Because this COVID-19 virus is spread by droplets, **we all can prevent the virus from spreading in the following ways:**

- **Social/Physical Distancing:** Stay more than 2 meters from everyone not in your household. In public settings, please keep your distance from others. Those who has tested positive or have symptoms of fever (temperature above 37.5°C by mouth), cough, chills and a runny nose need to immediately self-isolate and call 8-1-1. Midwifery Practices are trying to decrease the number of clients in their waiting rooms, and are only doing essential physical assessments during this pandemic time for your safety and theirs. Your best communication with midwives right now is by phone, text or video. Your midwife will assess you appropriately and refer you to resources when necessary.
- **Avoid touching high use surfaces:** when the virus falls, it can live on steel and wood for up to 5 days, and on plastic for 6-9 days. That is why we should all wash our hands with hand sanitizer or soap and water (for 20 seconds) often, and clean common high touch surfaces often with such cleansers as alcohol wipes, Lysol, hydrogen peroxide, 10% bleach solution. You can also wear gloves at the grocery store or pharmacy; put them on as you enter, and take them off and throw them away when you are leaving. Use hand sanitizer or wash your hands before you open another door or surface after that.
- **Stay in self-isolation until you are told that you are done:** self-isolation means that you cannot go out in public until you are cleared. You must stay on your own property.
- **Gather in groups of one:** the more people who are within 2 meters of each other, the easier the virus can spread
- **Use good health hygiene:** cough and sneeze into your sleeve and wash your hands with soap and water or hand sanitizer often.

### **What you can expect from your midwife during the pandemic:**

All health care providers are challenged to provide the highest quality of care possible while keeping you and your family and themselves safe. Midwives have great problem-solving skills and much creativity! Please work with them to plan your care in a way that is comfortable for both of you.

#### **Prenatal and Postnatal visits:**

Your midwives are adept at planning and prioritizing their care. They have probably already connected with you to rearrange appointments, to space visits between clients and to postpone any visits that are not necessary. Otherwise, your midwife has already told you that you can call or text them if you have questions or concerns. Your visits may also look a bit different in that some of the information exchange now happens over the phone, with only the necessary physical checks being done in person. For those clients testing positive, suspected, presumptive, or self-isolating, a special protocol has been developed for you. There are plenty of health care resources available to help you when you need; your midwife can work with you to figure out the best referral process and sources of support.

#### **Personal Protective Equipment:**

Please ask questions of your midwife around their use of the Personal Protective Equipment (PPE). They are aware of the supply issues, and the appropriate times and situations to wear the gear (gown, gloves, eye shields and masks). Midwives are also a great source of information should you need to go to a hospital or lab, and wonder when and who should be wearing the PPE. Full PPE is also required for midwives to wear should you be test positive, suspected or probable for COVID-19. Same goes for family members and those already on self-isolation.

Sincerely,