

To all clients of Lichtstad Midwives

Subject: introduction wearing face masks.

Dear clients,

As the spread of the Coronavirus increased again, we also started working with a face mask during the consultation hours/child birth/visits after birth.

The advice to our clients is to wear a (non-medical) mask during your check on the consultation hour at the practice and during the ultrasounds.

**Furthermore, it remains important**

* Do you or any of your family members have complaints of the coronavirus: do not come to our practice but have yourself tested test (<https://www.rivm.nl/en/novel-coronavirus-covid-19/coronavirus-disease-covid-19>). Call us to schedule a new appointment. If you have tested positive for corona we would like to hear this as soon as possible.
* Keep 1.5 meters distance. This will not always be possible at our practise because we need to do some medical checks, which is why we will now wear a mask and ask you to do the same during the consultation.
* At all times keep the RIVM rules in mind (<https://www.rivm.nl/en/novel-coronavirus-covid-19/in-depth-information>).

**Pregnancy**

* Don't come to the appointment too early, up to 5 minutes in advance. This way we can limit the number of people in the waiting room.
* Come to the controls alone as much as possible. Choose the moments when you want to come with your partner (with face mask), for example intake/childbirth explanation.
* For the ultrasounds, Echo Eindhoven's policy applies: there may be 2 adults in addition to the pregnant one. Children in the pregnant woman's family are allowed to join them, provided they can sit in the pram or sit on a chair.

**Childbirth**

During childbirth, 1 extra person may be with you in addition to your partner. This applies both to a home birth and to childbirth in the hospital. Depending on the number of infections in the region, hospitals can immediately change this rule. So, at the start of childbirth, ask about the rules at that time.

**Maternity**

In the maternity week we normally visit you 4 times in the first 8 to 10 days. We will decide together with you how many visits are desired and necessary. In order to limit the contact moments, if there are no medical details, it may be that we will have contact by telephone instead of visits to your home.

The after-check 6 weeks after giving birth will in principle be by telephone. If medically necessary we will schedule a check on the practice.

More information about Corona and pregnancy, see <https://www.rivm.nl/en/novel-coronavirus-covid-19/pregnancy>

It remains important that you call us if you need our care outside of office hours and home visits.

Non urgent questions please at the telephone consultation hour from 19:00 to 20:00 **06-21531010**.

In case of urgent questions ([https://www.lichtstadverloskundigen.nl/zwanger/?lang=en)](https://www.lichtstadverloskundigen.nl/zwanger/wanneer-bellen) we are 24/7

available at the same number: **06-21531010**.

If you have any questions please call us**.**

With kind regards,

Lichtstad Verloskundigen,

Connie Laarakkers, Marjolein Maas and Anne Nijland-Delmee (midwives)

Brigitte Broers (practice assistant)

