



Dear Patients,

This letter is to provide you with some information on the impact of the COVID-19 pandemic on you as a pregnant woman/parent to an infant and the care you will receive at Noakes Maternity Clinic.

If you have any symptoms of COVID-19 do not come to the clinic. Please contact the clinic doctor by phone for an assessment. 604-233-3222 (listen to the full message)

Please come by yourself to your appointments. If you need help with translation, you can use your phone to call someone or we can arrange a phone interpreter. If someone is driving you to the appointment please have them wait in the car.

If you are visiting the maternity unit, please bring only ONE support person. This person must not have any symptoms that could be COVID-19 infection.

COVID and the Pregnant Patient:

So far, the evidence from other pregnant COVID-19 patients shows that you are not at increased risk of catching COVID-19 or at higher risk of severe illness from COVID-19 compared to the general population. This is different from other viruses like influenza, which can be worse in pregnant patients. As well, based on current evidence, it appears that it is unlikely for a pregnant mother to pass COVID-19 to her baby while in utero. This means that it is unlikely to have congenital effects on your baby's development, but we don't know for sure. Most people with COVID-19, including those who are pregnant, experience only mild to moderate symptoms.

If you develop symptoms of COVID-19 during any stage of your pregnancy, you should be tested. These symptoms include cough, shortness of breath, fever, chills, muscle aches, sore throat, runny nose, fatigue, congestion, loss of appetite or smell, diarrhea or other GI symptoms. For more information, please refer to the [BCCDC website](#).

If you are having severe symptoms such as trouble breathing, you should be seen in the emergency room. If you are unsure, please call the clinic or the Birth Centre at Richmond Hospital (604-244-5133) and a physician or nurse will help you.

The hospital is still the safest place to give birth. The staff are trained in infection control and have all the equipment they need to protect you and your baby. If you have symptoms of or a known COVID-19 infection during labour, your care team will wear protective gear around you and you will require extra monitoring during labour.



It is recommended that everyone:

- 1) Practice excellent hand hygiene and avoid touching your face as much as possible
- 2) Practice physical distancing, minimize the number of people you have contact with.
- 3) Avoid contact with sick people including close family

For more information please refer [BC Centre for Disease Control – COVID-19](#)

Several guidelines have been developed. If you are interested read them here.

- [Society of Obstetricians and Gynecologists of Canada](#)
- [American College of Obstetricians and Gynecologists](#)
- [Royal College of Obstetricians and Gynecologists](#)

COVID and infancy:

Infants do not seem to be at increased risk for catching COVID. As parents of infants you should be practicing the public health recommendations above.

COVID and Noakes Clinic:

We are changing how we do things at the Noakes Clinic and at the Birth Centre during the COVID-19 pandemic to minimize spread of the infection.

Your first visit and second visit if before 12 weeks will be by teleconference rather than in person. This is because a physical examination is not required at these early visits. You will then be booked for a physical examination around 12 weeks of pregnancy. Following this you will be seen for regular prenatal appointments at 20, 26, 30, 34, 36, 38, 39 and 40 weeks of pregnancy, and additional appointments if necessary.

Should you have pregnancy related health questions, please call the clinic 604-233-3222 and our clinic assistant will help you connect with one of our doctors for a phone consult.

Thank you for your understanding during this challenging time. We look forward to continue providing you with excellent care throughout your pregnancy and delivery.

Sincerely,

The Noakes Maternity Physicians
(604) 233-3222