



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 call the clinic instead: 604-233-3222 (listen to the full message)

[BC Center for Disease Control guide to Covid-19 symptoms](#)

Please come by yourself to your appointments. If you need help with translation or wish your partner to participate, you can use your phone on speaker during the appointment. We can also arrange a phone interpreter. If someone is driving you to the appointment, please have them wait in the car. You will be screened at the Main Entrance of the hospital and issued with a *medical* mask to wear while in our facility.

What we are doing to ensure safety for you: The number of people coming into the clinic is limited so that there is adequate spacing in the waiting room. All clinic doctors and staff wear medical masks and hospital clothes which are laundered in the hospital. The rooms' surfaces are wiped with antiseptic between patient visits and the equipment is cleaned before and after use.

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:

Most people with COVID-19, including those who are pregnant, experience only mild to moderate symptoms. Knowledge about this disease in pregnant women is constantly changing, but what we now know is that disease can be more severe for pregnant women than for others the same age.

IF you develop symptoms of COVID19 during any stage of your pregnancy, let us know as soon as possible. You can call the clinic at 604-233-3222 (listen to the full message) and contact the physician on call if it is after hours, or leave a message on the voicemail. If you have symptoms of COVID19, then you need to be tested and we will tell you where to go. *If you are having severe symptoms such as trouble breathing, you should be seen in the emergency room.* If you are unsure please call 811, the clinic or the Birth Centre at Richmond Hospital (604-244-5133) and a physician or nurse will help you.

If you have COVID 19, *even if very mild*, you will need to quarantine/self-isolate for 10 days, or until you are free of symptoms (whichever is LONGER).

[BC Centre of Disease Control guide to self-isolation](#)



This means you may not come to clinic or leave your house for ANY reason except for emergency care.

When you have recovered from proven COVID-19 you will need extra monitoring in your pregnancy including ultrasounds and increased monitoring of the baby's heart rate late in pregnancy. 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 COVID-19 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 and minimize the number of people you have contact with.
- 3) Avoid contact with sick people and follow the guidelines and orders of the provincial Medical Officer for Health

For more information, please refer to the [BC Centre for Disease Control website](#).

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

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

Please note that information changes frequently.

COVID Vaccine in pregnancy:

Like everything to do with Covid, the guidance on this is constantly being updated. Please discuss this with us.

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 the spread of 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 in between, 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 continuing to provide you with excellent care throughout your pregnancy and delivery.

Sincerely,

The Noakes Maternity Clinic doctors