

To all clients of Lichtstad Verloskundigen

Subject: Changes in COVID-19 policy from 14-12-20.

Dear clients,

Yesterday the government introduced a lockdown to prevent the spread of COVID-19. Below is an overview of the measures we need to introduce.

**Pregnancy**

* The first appointment (intake) will take place by telephone because this appointment takes longer than 15 minutes. We'll see you briefly on the practice for a blood pressure measurement and handing out forms.
* All other individual appointments can continue at our practice.
* Come to the controls as much as possible alone.
* For the echo’s, Echo Eindhoven's policy applies: you can take one person to the ultrasound, children up to the age of 12 excepted.
* 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.

**Childbirth**

At a home birth, your partner (or another person instead of a partner) may be present. It is expected that this will also apply to a hospital birth (we are still waiting for regional rules).

**Maternity time**

The national advice is to carry out one maternity visit. Normally we visit you at home on average four times in the first eight to ten days after giving birth. If there are no medical details, most contact moments will therefore be by telephone. You or the maternity nurse will call us if an extra visit is needed.

The after-check six weeks after the delivery will in principle be by telephone. If medically necessary, we will schedule a check on the practice.

**Furthermore, it remains important**

* Do you or any of your family members have signs of the coronavirus: do not come to practice but have yourself tested: <https://www.rivm.nl/coronavirus-covid-19/testen>. 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 as much as possible 1.5 meters distance. This will not always work in midwifery care, which is why we wear a mask and ask you to do the same during the consultation.
* At all times of care, keep the RIVM rules in mind <https://www.rivm.nl/coronavirus-covid-19.>

More information about Corona and pregnancy: [https://www.rivm.nl/coronavirus-covid-19/zwangerschap.](%20https%3A//www.rivm.nl/coronavirus-covid-19/zwangerschap.)

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

No urgent questions please at the telephone consultation hour from 19:00 to 20:00: **06-21530110**.

In case of urgent questions [(https://www.lichtstadverloskundigen.nl/?lang=en)](%20%28https%3A//www.lichtstadverloskundigen.nl/?lang=en)) we are 24/7

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

If you have any questions please call.

With kind regards,

Lichtstad Verloskundigen,

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

Brigitte Broers (practice assistant)

