

## Letter to Families from NYC Midwives

*To our pregnant families:*

To all our pregnant families, we want you to know that NYC midwives are thinking about your health and the wellbeing of your baby.

As COVID-19 is spreading throughout our country and rates of infection growing exponentially in NYC, we want to let you know that every day we are learning more and assure you that although it may feel scary, we will soldier through this crisis if we continue to take proper precautions as a community. The first step in doing so is by following the CDC guidelines about the COVID-19 pandemic and preventing the spread of the virus.

We want to reassure you that we are here for you. In these uncertain times, we are committed to ensuring that you have a healthy & memorable birth despite the circumstances. Don't hesitate to reach out to your midwife if you have any concerns or just need some reassurance about your wellbeing.

You should expect some changes in the frequency of your appointments, but these measures are taken to avoid any unnecessary exposure to you and your family. Some midwives are implementing tele-visits during non-vital periods of your pregnancy. They are an appropriate way to be in contact with your midwife to answer questions or concerns you may have. While it may not be ideal, this is a safe alternative to have in place as we continue to follow social distancing protocols as directed by the CDC.

Now, more than ever, take steps to care for your physical and mental wellbeing. Reach out to your support systems and stay connected with family and friends. We know that these are very uncertain times right now, but we are all in this together and we will all prevail as a community. Thank you for trusting your care with us.

With Care,

NYC Midwives

**Below are resources to keep you up to date on COVID-19:**

**CDC:** <https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html>

**CDC:** <https://www.cdc.gov/coronavirus/2019-ncov/prepare/children-faq.html>

**MARCH OF**

**DIMES:** <https://www.marchofdimes.org/complications/coronavirus-disease-covid-19-what-you-need-to-know.aspx>

**KFF:** <https://www.kff.org/womens-health-policy/issue-brief/novel-coronavirus-covid-19-special-considerations-for-pregnant-women/>

**KFF:** <https://www.kff.org/womens-health-policy/issue-brief/telemedicine-and-pregnancy-care/>

**MotherToBaby:** <https://mothertobaby.org/fact-sheets/covid-19/>

**MotherToBaby**

**podcast:** <http://mothertobabypodcast.libsyn.com/covid-19-in-pregnancy-breastfeeding>

**CMS:** <https://www.cms.gov/newsroom/fact-sheets/medicare-telemedicine-health-care-provider-fact-sheet>

**Expecting Health Instagram**

**posts:** <https://www.instagram.com/p/B9rZwBagWri/>

Please complete the census this year <https://my2020census.gov/> We can make known to the DOH the need for increased midwifery health services including aid for Birthing Centers