

WeRISE Clients/Family COVID-19 Doula Preparedness *Toolkit*



WERISE: BLACK BIRTH WORKERS RESPONSE TO COVID-19

Should I have a Doula during COVID-19?

Doulas have been proven to be beneficial for both moms and babies and help to improve birth outcomes. Observed benefits include shortened labor, decreased need for pain medication, fewer cesarean sections, fewer reports of dissatisfaction with the labor experience, and higher APGAR scores for babies. Doulas are non-medically trained professionals who provide an invaluable service for families. Appropriate infection control measures will be followed during home visits and during labor. You do have the option to schedule support virtually if you or your family are not comfortable receiving services in person.



What kind of support will I receive?

Doulas can help to create a birth plan taking into account scenarios with COVID-19, provide educational support regarding the labor, birth and postpartum processes (with or without a partner present), help to advocate for desired laboring/birthing options while in the hospital, provide continuous physical and emotional support during labor whether in-person or virtually, provide assistance with breastfeeding, assist with finding COVID resources and information as needed, as well as helping to provide culturally competent and family-inclusive care. Doulas will wear face masks and practice recommended infection control measures to prevent the spread of COVID-19.

What if I don't feel well or become exposed to COVID-19?

If you have had an exposure to COVID-19 or become symptomatic, please contact your primary care provider (PCP) as soon as possible. Wear a mask at all times when around others or outside of the house until you have been tested. Wash your hands frequently, maintain social distancing and clean and disinfect frequently touched surfaces often. If you test positive, self-quarantine for 14 days and/or follow the instructions provided by your PCP. Inform your Doula as well as your Ob/Gyn or Midwife of any possible exposures or confirmed positive tests as well.

What will happen if I give birth in a hospital or another birthing facility?



Many hospitals and birthing facilities have strict policies when it comes to the presence and expectations of a Doula when supporting a client during this COVID-19 pandemic, if they are allowed at all. There have been many policies adopted in light of COVID-19 and these policies can vary widely between hospital systems. Check with your local hospital systems to find out what their specific policies are regarding Doulas and notify your provider that you are working with a Doula prior to birth.

Breastfeeding with COVID-19?

The CDC and WHO both recommend that mothers continue to breastfeed even if they have been exposed or become infected with COVID-19. The most recent data shows that breastfeeding may actually help PROTECT infants from COVID-19 and other illnesses, provides many other nutritional benefits and may also help in the bonding process of mom and baby. Mothers who do choose to breastfeed should still exercise caution to help prevent possible exposure of COVID-19 to the baby since the virus can be transmitted via respiratory droplets when in close contact.

Moms/caregivers should:

- Wear a face mask when breastfeeding since exposure can still happen via the respiratory system
- Use good hand hygiene by washing hands with soap and water for at least 20 seconds before and after feedings and
- Clean and disinfect any surfaces to be used or touched during feedings, including breast pumps and any pump or bottle parts.





Protect Yourself & Others!

THE BEST WAY TO PROTECT YOURSELF INCLUDE

Healthy individuals are at low risk of severe complications from Coronavirus:

- Washing your hands often with soap and hot water for at least 20 seconds, especially after blowing your nose, coughing or sneezing; going to the bathroom and before and after eating or preparing food
- Avoid touching your eyes, nose, and mouth with unwashed hands and at all times when possible
- Cover your cough or sneeze with a tissue, then throw The tissue in the trash
- Stay home when you are sick

Resources

BUILDING KNOWLEDGE TOGETHER

International, National and Statewide COVID-19 Resources

World Health Organization (WHO)

https://www.who.int/health-topics/coronavirus#tab=tab_1

Centers for Disease Control (CDC)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Wisconsin Department of Health Services (DHS)

<https://www.dhs.wisconsin.gov/covid-19/index.htm>

Covid-19 Racial Equity and Social Justice Resources

<https://www.racialequitytools.org/fundamentals/resource-lists/resources-addressing-covid-19-with-racial-equity-lens>

Local COVID-19 Resources

Dial 2-1-1 (or 877-947-2211) for the most up-to-date local resources for all 3 counties (Milwaukee, Racine and Kenosha)

Milwaukee

City of Milwaukee Health Department

<https://city.milwaukee.gov/coronavirus>

Milwaukee County Coronavirus Community Resources Guide

<https://county.milwaukee.gov/EN/COVID-19/Coronavirus-Community-Resources-Guide>

ACLU Covid-19 Resource Guide

<https://www.aclu-wi.org/en/covid-19/covid-19-resource-guide>

Racine

Central Racine County Health Department

<https://crchd.com/covid-19>

Coronavirus Response Hub, Racine County

<https://coronavirus-response-racinecounty.hub.arcgis.com/>

Kenosha

Kenosha County Health Division

<https://www.kenoshacounty.org/297/Health-Services>

Kenosha County Covid-19 Response Hub

<https://kenosha-county-covid-19-response-kenoshacounty.hub.arcgis.com/>

Other References

<https://awhonn.org/novel-coronavirus-covid-19/covid19-practice-guidance/>

<https://www.aappublications.org/news/2020/07/22/newbornguidance072220>

<https://www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2020/03/novel-coronavirus-2019>

<https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2019/02/approaches-to-limit-intervention-during-labor-and-birth>

<https://www.dhs.wisconsin.gov/covid-19/ppe.htm>

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>

<https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/covid-19-and-breastfeeding.html>

<https://www.who.int/reproductivehealth/publications/emergencies/COVID-19-pregnancy-ipc-breastfeeding-infographics/en/>



Need a Doula?

CONNECT WITH US TODAY!



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Please Stay Safe!
Thanks!

VISIT [AABNETWORK.ORG](https://www.aabnetwork.org) FOR MORE INFORMATION ON OUR PROGRAMS