

Getting ready for a home visit from your midwife

Midwives need to be in close contact with many different people every day – it's important that we minimise the risk of your midwife passing infection to you and of you passing infection to your midwife.

Here's what we suggest to keep everyone safe:

01

Call your midwife to let them know if you or anyone in your home has symptoms or has tested positive for COVID-19



02



Fresh air – good ventilation and free flowing air really reduce the risk of virus transmission – so please open windows in the room or if you have a garden, see if it's possible to sit and meet there

03

Please wash your hands thoroughly before and after the visit



04



Make space so the midwife can see and your baby alone. Other members of the house should maintain social distancing

05

The midwife will wear a mask when they visit your home. We ask that you and anyone else in the home also wear a face mask to protect you, your family and the midwife there to help



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www.rcm.org.uk/coronavirus