



COVID-19 resources for women's health patients

Patient Education

Dear Duke Women's Health patients and families,

Duke Women's Health is monitoring the COVID-19 situation. Our team is available to you through Duke MyChart or Duke Health Anywhere appointments. You and your family are on our minds, and we want to make sure your needs are met. We know that this is a challenging time. Here are some common questions and answers from the Society for Maternal-Fetal Medicine along with other resources to assist you.

Pregnancy Resources:

- [COVID-19 in pregnancy](#)
- Healthcare resources

Family Resources:

- Options for basic needs
- Mental health support
- Activities to do at home
- Talking to kids about COVID-19
- Contact information for other services or agencies

Take care and be well.

Sincerely,

Your healthcare team at Duke Women's Health

Please note: Attached resources are subject to change according to COVID-19 updates.

Please contact these agencies directly for updated information.

This educational information includes links to non-Duke University Health System (DUHS) internet resources, including websites. However, DUHS does not moderate these sites and is not responsible for the accuracy or content of information contained in these sites. Links from DUHS to third-party sites and resources do not constitute an endorsement by DUHS of the parties or their products and services. The appearance of advertisements and product or service information on these third party sites does not constitute an endorsement by DUHS, and DUHS has not investigated the claims made by any advertiser.



Information on COVID-19 and pregnancy

How might coronavirus affect my pregnancy?

The data for COVID-19 is limited, but we know that women with other coronavirus infections (such as SARS-CoV) did NOT have miscarriage or stillbirth at higher rates than the general population.

On the other hand, we know that having other respiratory viral infections during pregnancy, such as flu, has been associated with problems like low birth weight and preterm birth. Also, having a high fever early in pregnancy may increase the risk of certain birth defects.

There are new ways to meet with your provider for your check-ups without needing to go to the clinic. Duke Health Anywhere (telehealth) appointments may be an option for you. Please check with your provider for more information.

Is it safe to deliver my baby at a hospital caring for COVID-19 patients?

Licensed and accredited hospitals and birth centers remain the safest places to give birth in the United States.

Being able to speak with your health care professionals is important as we continue to learn about managing COVID-19.

Here are a few things Duke is doing to help keep everyone safe:

- Our entrances are staffed with screeners. They will ask you and your support person several questions about any symptoms you may be experiencing or if you've had any known exposure to COVID-19 prior to your arrival. They will also give you a mask to wear in the hallways during your stay.
- All women being admitted to one of our Birthing Centers will be tested for COVID-19 on admission. By knowing your COVID-19 status, we will be better prepared to care for you and your baby. And, you will have the information you need to safely care for your baby at home.
- We want you to feel supported during your delivery. You will be able to bring one support person with you to the hospital. Your support person should be prepared to stay with you during your entire stay.
- You will notice our staff wearing masks at the hospital. Masks are a good way to limit exposure between staff and patients.

Can I give my baby coronavirus during pregnancy or delivery?

Though there have been a few reports of infants being infected, the infection was thought to occur after delivery and not during the pregnancy or during the delivery itself. The other good news is, all of those infants did well. At Duke University Hospital and Duke Regional Hospital, our Pediatrician team is prepared to meet with you to develop a plan to care for your baby safely both in the hospital and at home. If you choose to breastfeed, our Lactation Consultants are prepared to help you safely breastfeed or pump milk for your baby even if you have been diagnosed with COVID-19.

Information on COVID-19 and pregnancy

What if I have coronavirus (COVID-19) symptoms?

If you have symptoms of COVID-19 when you come to the hospital, you will be tested for the virus. If you test positive, you will be placed in a special room. Your nurses and other attendants will wear masks and other protective clothing as they care for you. You will continue to have a high level of support and comfort. Your support person will be able to stay in your room with you. He or she will need to plan to stay in your room during your entire stay. You will be given the choice of keeping your baby in your room with you or allowing your baby to have his/her own room.

Can my baby get COVID-19 from breastfeeding?

At this time, the COVID-19 virus has not been found in breast milk. Breastfeeding is still encouraged for its many benefits, including protecting your baby against illnesses. If you choose to breastfeed, take the following precautions: wear a mask while breastfeeding or pumping into a bottle and have someone who is not sick feed the baby.

How do I make an appointment?

Please check [DukeHealth.org](https://www.dukehealth.org) before scheduling an appointment.

Please call the Duke Women's Health Access Center line at **919-684-6327** for assistance.

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Information on COVID-19

[Healthwise Resources](#): Information on prevention, symptoms and treatment

[How to explain COVID-19 to kids](#): Storybook for kids

[Helping families cope with COVID-19](#): Parent/caregiver guide

Health: Making medical appointments

[Duke Health Anywhere](#): Virtual visits with an on-call provider.

Can include appointments to talk about stress and anxiety due to COVID 19 or isolation.

[Duke Pediatrics](#): For questions regarding appointments, please call 919-620-5333

[Health Department postpartum appointments](#): Appointments will continue. To schedule an appointment, please call 919-560-7630

[Holman Family Dental](#): Still seeing patients for urgent infant feeding concerns

[Women's Birth and Wellness Center](#): If phone triage or help is not enough, call 919-933-3301

Child care and diapers

[Child care](#): Parents and families with urgent childcare needs (infants through age 12) may call 1-888-600-1685. **Essential workers (including health care professionals) are given priority consideration.*

[Diapers](#): Diaper pickup for families in need. View the most current information on Facebook.

Food Resources

[Meals for kids during COVID-19](#): School closures by county.

[Durham Public Schools](#): Meal plan and supplemental learning during closure

[Wake County](#): Free meal information for kids in Wake County.

[Food pantries](#): Find the closest pantry and hours by downloading the app: Durham food resources

[WIC](#): All business will be over the phone - 919-403-1300. Anyone who is concerned about renewing, adding a new baby, or starting a new application can call 919-956-4042.

Continued on next page.

COVID-19 resources for women's health patients

Internet

[Spectrum](#): Free access to Spectrum broadband and WiFi for new students, kindergarten through 12th grade, and households with college students

[Xfinity](#): Affordable internet at home

Rent

Call landlord

Durham County Department of Social Service: 919-560-8000

Legal Aid of NC: 866-219-5262

Utilities

[Duke Energy](#): Information on keeping your electricity on, even if you can't pay because of COVID-19 related issues.

[Water](#): City suspends turning off home water services due to COVID-19

Activities to do at home with kids: Parenting and family fun resources

[Education and Durham Public Schools](#): Meal plan and supplemental learning during closure.

[Coding classes](#): Online coding camps

[Story time](#): #Operationstorytime - Famous people reading children's books online

[Virtual art class](#): Art activities

[Virtual field trip](#): Join for a virtual safari

Mental Health Support: Taking care of your behavioral and mental health

[AA](#): Find a list of web based meetings

[Distress due to social distancing](#): Call hotline for support at 1-866-578-4673

[Post-partum support](#): Call hotline for support at 1-800-944-4773

[Duke](#): Contact your provider at 919-620-5333, or through your Duke MyChart

Continued on next page.

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Other Services and Updates

Please note the following:

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Durham's Partnership for Children: Conducting telephone enrollment appointments for families interested in applying for Early Head Start. Call 919-403-6960 ext. 227

Family Connects: Sign up for nurse visits through telehealth (by phone or a web connection)

Healthy Homes Reinvestment Partners: Provides free lead poisoning prevention and healthy homes phone calls for Durham families with children under 6 years in homes built before 1978.

Health care providers and families can contact Lorisa Seibel through email at Lorisa@ReinvestmentPartners.org, or 919-667-1000 ext. 25

Online home buyer classes are available.

Taxpayers with incomes up to \$69,000 can file federal tax returns free.

Tax payment: IRS postponing deadlines

Kramden Institute: Free computers available for students in need. Call 919-293-1133 to schedule pick up.

Unemployment insurance changes: Applicants can file for benefits if they are subject to reduced hours as well as laid off; Removing the requirement that recipients have to look for work during the benefits period.

You can apply for unemployment benefits here

Welcome Baby: posts their most current information on available resources on Facebook

Resource Lists: Durham

Bull City Responds: Community generated list of ways to help:

Durham Cares: A resource list is posted and updated daily.

Durham County COVID-19 meta list: A list from Durham neighbors united

Office of Durham and Community Affairs: Resource list