

# Interim Guidance for Maternal and Child Health Services in the Perinatal Period by the Kansas Department of Health and Environment (KDHE)

Last Reviewed March 8, 2021

This guidance is based on what is currently known about the spread and severity of coronavirus disease 2019 (COVID-19). The purpose of the guidance is to prevent the spread of COVID-19 among child care facilities, families, and communities. KDHE will provide updated guidance as necessary based on the changing situation. Please check the [CDC website](#) and the [KDHE website](#) (COVID-19 Resource Center) periodically for updated information and guidance for a variety of settings as well as public health and health care professionals.

## Staff Guidance and Resources **Updated 3/8/21**

- Follow state and local guidance on provision of *essential services* and phased reopening
- Plan for alternative routes of service delivery to enable a continuation of support and access to resources
  - Utilize telephonic or virtual options for client education and support if staffing resources are available.
    - The prenatal and postpartum period are very vulnerable times for families.
    - It is essential to stay connected, provide education, screenings, and referrals for services.
    - Consider providing virtual or telephonic options for individual visits, screenings and assessments, with email or text provision of educational resources.
    - Consider providing virtual options for group education and support groups.
    - Email or text links to educational resources vs. hard copies when possible.
  - Prepare to support changing obstetrical service delivery
    - Communicate regularly with local delivering hospital and OB/prenatal and postpartum care providers.
    - Be knowledgeable about current practice and effective modes for service delivery to help support these efforts by educating clients on new expectations (e.g., possible telehealth for prenatal visit and early hospital discharge).
    - Offer continued wraparound services through a variety of alternative modes mentioned above and reach out to peers to learn more about other creative solutions to address needs.

- Plan for reintegration of in-person services according to state and local guidance on phased reopening.
  - Check the Centers for Disease Control and Prevention (CDC) website and the KDHE website (COVID-19 Resource Center) regularly for updated information and guidance for a variety of settings as well as public health and health care professionals.
  - Refer to the “Detailed Framework (PDF)” Plan to Reopen on the KDHE Resource Center, [Business and Employers](#) tab
  - Refer to the “Interim Guidance for Home Visiting Services by the Kansas Department of Health and Environment (KDHE)” (found [here](#) under “Workers Who Enter Homes” tab), which will provide guidance and linkage to numerous other helpful resources.
  - Refer to the [Kansas COVID-19 Vaccine Plan](#) for guidance on state/local vaccine administration plan.
- Promote collaboration among local perinatal service providers to assure follow-up case management and support services are provided to COVID-19+ pregnant women throughout pregnancy and the postpartum period.
  - Special concerns with pregnant/postpartum population
    - Belief that pregnancy may act as a protective factor and women may decelerate in the postpartum period
    - Concern the virus contributes to vascular disease, leading to increased risk for clots, potentially causing embolism or stroke
    - More likely to be hospitalized and are at increased risk for intensive care unit (ICU) admission and receipt of mechanical ventilation
    - Increased risk to infant of positive mother, including preterm birth
  - Standardized referral process should be developed and in-place between local infectious disease investigator and local agency/program/clinical staff who will provide follow-up support services
    - Follow-up phone calls or other contact made periodically throughout pregnancy and at least 2 months postpartum
    - Provide education on risks, signs and symptoms of complications to monitor for, when to call provider / go to ER
    - Assure access to continued care and monitoring by clinical provider
    - Assess needs and connect to resources
- Stay informed on changing access to support services (e.g., WIC, home visiting, and family planning services).
- Stay informed and up-to-date with best-practice recommendations in this rapidly changing environment.

- Check for updates to guidance from reliable sources (e.g., KDHE, CDC, ACOG, AAP, etc.) on a frequent and regular basis.
  - ACOG's Clinical Guidance, [Practice Advisory – COVID-19](#)
  - ACOG's Clinical Guidance, [Implementing Telehealth in Practice](#)
  - ACOG's Clinical Guidance, [Hospital Disaster Preparedness](#)
  - ACOG's [COVID-19 Algorithm](#)
  - [Society for Maternal-Fetal Medicine COVID-19 Information](#) (get clinical resources, no-cost online education, and information for patients)
  - [Association of Women's Health, Obstetric and Neonatal Nurses \(AWHONN\) Guidance on COVID-19](#)
  - CDC's Information on [COVID-19 if You are Pregnant, Breastfeeding, or Caring for Young Children](#)
  - CDC's [Toolkit for Pregnant People and New Parents](#)
  - Harvard Medical School's [Information on Weighing the Risks and Benefits of Separating Infected Mothers from Infants](#)
  - [World Health Organization's \(WHO\) Frequently Asked Questions on Breastfeeding and COVID-19 For Health Care Workers](#)
  - [WHO's Clinical Management of Severe Acute Respiratory Infection when COVID-19 is Suspected](#)
  - [Count the Kicks: A message for Public Health Providers](#)
  - [KDHE Resource Center and Updates on COVID-19](#)
  - [Kansas COVID-19 Vaccine Plan](#)
  - CDC's [Vaccination Considerations for People who are Pregnant or Breastfeeding](#)
  - ACOG's Clinical Guidance on [Vaccinating Pregnant and Lactating Patients Against COVID-19](#)
  - CDC's Guidance on [Who Gets Vaccinated First, When Vaccine is Limited](#)

### **Client Guidance and Resources Updated 3/8/21**

- It is very important to focus program participant/patient education on the topics listed below. This information is available in the KDHE resource - [FAQ for Perinatal and Infant Populations](#) - available on the KDHE COVID-19 Resource Center under the [Local Health Departments tab](#):
  - Importance of continued regular prenatal, postpartum, and infant care
    - Prepare for possible changes, including telehealth for regular visits
    - Remain in continuous communication/close contact with the prenatal/postpartum care provider's office, pediatric provider's office, and all providers delivering services to the patient, assuring all contact information is up-to-date
    - Report any symptoms immediately – cough, fever (100.4 or greater), chills, muscle pain, sore throat, congestion, nausea, diarrhea, new loss of taste or smell, shortness of breath or difficulty breathing, sudden

- confusion, being unable to respond to others, blue lips or face - in addition to normal symptoms of pregnancy/postpartum/newborn complications (with emphasis on signs and symptoms of a dangerous blood clot, including: shortness of breath or difficulty breathing; chest pain or pressure; sudden, severe headache; swelling or pain in only one leg)
- Keep a 30-day supply of medications on hand
  - COVID-19 Risks and Disease Transmission, including specifics related to pregnancy, postpartum, infants and breastfeeding
    - Belief that pregnancy may act as a protective factor and women may decelerate in the postpartum period
    - Concern the virus contributes to vascular disease, leading to increased risk for clots, potentially causing embolism or stroke
    - Pregnant women are more likely to be hospitalized and are at increased risk for intensive care unit (ICU) admission and receipt of mechanical ventilation
    - Increased risk to infant of positive mother, including preterm birth
    - Need for protective measures to reduce the risk of transmission to the newborn of an infected mother
    - CDC and ACOG recommendation for the vaccine for pregnant and breastfeeding women if they are a priority population in the vaccine rollout plan, and pending other risk factors unique to each individual.
  - Universal Precautions for Preventing Spread
    - Frequent handwashing with warm soapy water for at least 20 secs
    - Use of alcohol-based hand sanitizer with at least 60% alcohol
    - Cover cough (coughing into elbow)
    - Avoid contact with sick people
    - Social distancing—avoid gathering in groups if possible; only go out for essential items; keep distance of at least 6 ft. if you have to go out
      - Wear cloth face coverings in public settings where other social distancing measures are difficult to maintain (**children under the age of 2 should not wear a mask or cloth face covering**).
      - KDHE recommends wearing a mask that fits snugly around the nose, mouth and chin and has multiple layers of fabric. Alternatively, a thinner disposable mask may be worn underneath a cloth face mask to improve the fit. Find more information on KDHE Mask Guidance [here](#).
      - Try to avoid being around others who are not wearing masks
    - Frequent cleaning and sanitizing of common and touched surfaces (ideally done by non-pregnant household member if possible)
  - Get vaccinated for Influenza, if haven't already
  - Be prepared for changes in the postpartum period
    - Shorter hospital stays

- Restrictions on visitors
- Encouraged social distancing for protection of mother and newborn
  - Have symptom-free support person help with stocking of supplies, newborn care, and self-care
  - Stay connected with friends, family, and other support systems via phone, text, FaceTime, etc. instead of in-person visits
- Continued Medicaid coverage through the end of the month in which the emergency period ends
- Need for ongoing monitoring for potential complications through at least 2 months postpartum
- Importance of self-care and utilization of mental health services
  - Pregnancy and postpartum period is a particularly vulnerable time in a woman's life
  - Time of increased stress and isolation due to the COVID-19 pandemic

### More Information **Updated 3/8/21**

#### KDHE Resources

- [Frequently Asked Questions for the Perinatal and Infant Populations](#)
- [COVID-19 Resource Center](#)
- [Kansas COVID-19 Vaccine Plan](#)
- Information Line 1-866-534-3463 (1-866-KDHEINF)
- [Plan to Reopen](#)
- [Guidance for Home Visitors](#)
- [Mental Health Resources](#)
- [Caring for Yourself and Others](#)
- [Information for Families](#)
- [KDHE Mask Guidance](#)

#### CDC Resources

- [Toolkit for Pregnant People and New Parents](#)
- [Information on COVID-19: Pregnant Women and Breastfeeding](#)
- [Vaccination Considerations for People who are Pregnant or Breastfeeding](#)
- [Who Gets Vaccinated First, When Vaccine is Limited](#)
- [Coronavirus Disease 2019 website](#)
- [Health Alert Network: Update and Interim Guidance on Outbreak of Coronavirus Disease 2019](#)
- [Interim US Guidance for Risk Assessment and Public Health Management of Persons with Potential Coronavirus Disease 2019 Exposure in Travel-associated or Community Settings](#)
- [About Coronavirus Disease 2019 \(COVID-19\)](#)
- [What to Do If You Are Sick with COVID-19](#)
- [Interim Guidance for Persons Who May Have Coronavirus Disease 2019 \(COVID-19\) to Prevent Spread in Homes and Residential Communities](#)

- [Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 \(COVID-19\), February 2020](#)
- [Coronavirus Disease 2019 Information for Travelers](#)
- [Do Your Part. Slow the Spread of Germs](#)
- [Don't Spread Germs at Work](#)
- [Stay Home if You're Sick](#)
- [Use of Cloth Face Coverings to Help Slow the Spread of COVID-19](#)
- [Guidance for People at Higher Risk for COVID-19](#)
- [Reducing Stigma and Promoting Resilience](#)
- [Pregnancy and Breastfeeding](#)
- [Taking Care of Your Emotional Health during an Emergency](#)
- [Managing Anxiety and Stress related to COVID-19](#)

### **Other National Agency and Partner Resources**

- [Frequently Asked Questions on COVID-19, Pregnancy, and Breastfeeding](#)
- [Vaccinating Pregnant and Lactating Patients Against COVID-19](#)
- [Hand Washing: A Powerful Antidote to Illness](#)
- [Reducing the Spread of Illness in Child Care](#)
- [Germ Prevention Strategies](#)
- [When to Keep Your Child Home from Child Care](#)
- [Tips for Social Distancing, Quarantine, and Isolation during an Infectious Disease Outbreak](#)
- [Why You Shouldn't Mask a Baby](#)
- [Why is now an important time for Count-the-Kicks](#)
- [Breastfeeding During COVID-19 Pandemic](#)
- [Q&A on COVID-19 and Breastfeeding](#)
- [Self-Care During Covid-19 Public Health Emergency](#)
- [Eight Ways to Look After Your Mental Health During Covid-19 Pandemic](#)
- [Screen Time for Children](#)
- [Warning Signs of Health Problems After Birth](#)
- [Postpartum Blood Clots and Bleeding: What to Expect](#)