

INFORMATION FOR PREGNANT WOMEN AND NEW MOMS

- **TEMPORARY SUSPENSION OF THE ORDINARY ACTIVITIES OF THE BIRTH POINT OF SONDALO**

With the aim of guaranteeing the most qualified assistance to pregnant women, due to the worsening of the health emergency for Covid-19, the ASST VAL has ordered the temporary suspension of the ordinary activities of the Birth Center of the Sondalo Hospital.

In any case, urgent interventions are guaranteed and, to avoid any possible discomfort for pregnant women at term, in the days preceding the birth they will be offered the possibility of a precautionary hospitalization at the Birthplace of the Sondrio Hospital to avoid travel difficulty.

However, the following services continue to be guaranteed at the Sondalo Hospital:

- a. Obstetric-gynecological checks at the end of pregnancy and "taken in charge" at the 36th week of gestation for all women in the Upper Valley
- b. Outpatient gynecological and obstetric visits
- c. Obstetric ultrasound
- d. Postnatal pediatric visits
- e. Telephone and / or video call consultations
- f. Outpatient hospital visits for Covid positive pregnant women, with dedicated and safe paths

For information and assistance related to pregnancy and childbirth, it is always possible to call the following telephone numbers, active 24 hours a day:

Birth Point of the Hospital of Sondalo 0342 808363/808652

Birth Point of the Hospital of Sondrio 0342 521220

Chiavenna Hospital Unit 335 6829389

- **PREGNANT OR PUERPERA POSITIVE TO COVID-19 AND / OR POST IN HOME ISOLATION**

For pregnant women and mothers who test positive for COVID, or who are placed in quarantine because they come into contact with a positive person, constant and personalized support is guaranteed which includes:

PREGNANT

For all pregnant women, in order to monitor maternal well-being, telephone interviews and / or video calls are implemented. In addition, if necessary, home visits are carried out by a company midwife.

PUERPERIUM

To all mothers and newborns discharged from birth points, to provide adequate counseling for the well-being of the mother and child and to support breastfeeding, the team of the Consultori Familiari will guarantee telephone and / or video calls as well as one or more home visits.

- **ASSISTANCE OFFERED IN TELEMEDICINE**

In this phase of the pandemic, the ASST Valtellina e Alto Lario has developed an important technological innovation that makes it possible to guarantee, through a special platform, the continuity of care for pregnant women or new mothers. Therefore, it is always possible to contact the relevant services with confidence, which in the event can activate forms of contact on television with the reference operators who assist pregnant women or women who have just given birth.

- **THE BIRTH ACCOMPANYING COURSE**

To accompany the woman and her partner during the period of pregnancy, at all Consultori Familiari, the Courses of Accompaniment to Birth are confirmed starting from the 25th week of pregnancy. The course is divided into 10 meetings and includes a practical part and a theoretical part of information and discussion, in which the presence of both health and psychological and social personnel is guaranteed.

This offers the pregnant woman and the couple the opportunity to meet all the operators who will follow them in all phases of the process in the pre and post birth. Based on the current health situation, these paths will be carried out both online and in person, respecting all the safety criteria provided for by the Covid legislation.

- **POSSIBILITY OF URGENT TRANSPORT IN PREGNANCY (112)**

Due to the temporary suspension of the birthplace in Sondalo, the ASST VAL invites all pregnant women to contact the Single Emergency Number 112 in case of urgency, in order to avoid rushing to the hospital with private cars, also due to the winter season, which can sometimes represent road traffic hazards.