



Royal College  
of Midwives

# 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:



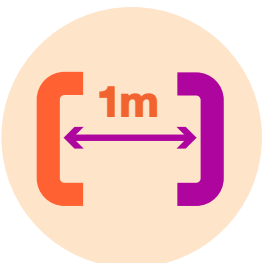
**1.** Call your midwife to let them know if you or anyone in your home has symptoms or has tested positive for COVID-19



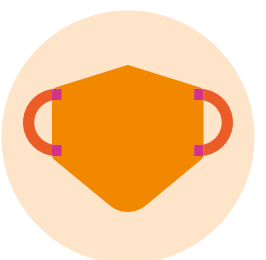
**2.** Fresh air – good ventilation and free flowing air really reduce the risk of virus transmissions – so please open windows in the room or if you have a garden, see if it's possible to sit and meet there



**3.** Please wash your hands thoroughly before and after the visit



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



**5.** 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