

PREGNANCY AND PANDEMIC

RESOURCES, TIPS AND TRICKS



St. Mary's Hospital Center
Hôpital de LaSalle
Lakeshore General Hospital
Maison de naissance
CLSC de LaSalle
CLSC de Lachine
CLSC de Pierrefonds
CLSC du Lac-St-Louis

A collaboration of the Youth Program Directorate
and the Mental Health and Addiction
Programs Directorate

Centre intégré
universitaire de santé
et de services sociaux
de l'Ouest-de-
l'Île-de-Montréal

Québec

Pregnancy is an exceptional time that brings with it a number of questions and challenges. During this pandemic, you may need resources to support and reassure you, and to help you learn how to manage your concerns.

YOU ARE CONCERNED / YOU HAVE QUESTIONS...

Your healthcare professional (physician, midwife, pharmacists, nurse, etc.) is the person to answer your questions. Make a habit of preparing for your next appointment by writing down your questions ahead of time.

If the situation is urgent and cannot wait, call Info-Santé/Info-Sociale at 8-1-1 for telephone support from a nurse or the psychosocial support team free of charge. They are available 24/7.



GET THE RIGHT INFORMATION!

A lot of information is circulating among the public and on social media. Some of that information may be incomplete or misleading, and cause unnecessary concerns. If you think you are in such a situation, step back and take a break from social media.

For current and validated information from the Ministry of Health and Social Services, go to: <https://publications.msss.gouv.qc.ca/msss/fichiers/2019/19-210-46WA.pdf>.



AT THE HOSPITAL

During the pandemic, sanitary measures are in place to ensure your security and that of our staff when you give birth. See our IUHSSC website at: <https://ciuss-ouestmtl.gouv.qc.ca/en/home/>.

If necessary, these measures will be adapted to your specific situation. For more information, speak with your care team.

BREASTFEEDING DURING A PANDEMIC

Breastfeeding is recommended and encouraged during the pandemic, even if you or your partner are diagnosed with COVID-19 (in which case, you will need to take some precautions).



- General Information: <https://publications.msss.gouv.qc.ca/msss/fichiers/2020/20-210-58WA.pdf>
- Information on breastfeeding when partner is COVID-19 positive: <https://publications.msss.gouv.qc.ca/msss/fichiers/2020/20-210-59WA.pdf>
- For one-on-one breastfeeding support, contact your CLSC or one of the following organizations:
 - La Leche League Canada: <https://www.lllc.ca/>
 - The Nourri-Source Network: nourri-source.org/
 - A lactation consultant: https://www.ibclc.qc.ca/en/find_an_ibclc

OTHER SERVICES

• Discussion groups:

Virtual groups in both French and English, for pregnant women giving birth at our facilities. To demystify certain issues and to provide tools Led by a nurse and a psychologist Registration required:



- https://forms.office.com/Pages/ResponsePage.aspx?id=KP7hBotfdUC_bK4kvhp5k-kzddkxiX6FHtAppCW7G5IRUMEZXS-FdFQ1o0VVMzMTBEVUZaTDBIVUgxMy4u
- **Tools and resources to support you in times of stress, anxiety, or depression:**
 - <https://www.pregnancyinfo.ca/your-pregnancy/healthy-pregnancy/mental-health/>
 - <https://ccpsc.qc.ca/en/keep-our-balance>
 - <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Anxiety>
- **Information on COVID-19 Vaccination:**

Contact your physician to discuss particular considerations with regard to your pregnancy or breastfeeding. Together you can make the best choice.