COVID-19 LINKS

CDC - information for health care professionals
https://www.cdc.gov/coronavirus/2019-ncov/hcp/index.html

CDC - pregnancy & breastfeeding
https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpregnancy-faq.html

CDC - print resources
https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html

CDC - clinician outreach and communication activity (COCA)
https://emergency.cdc.gov/coca/index.asp

John Hopkins Center for Heath Security
http://www.centerforhealthsecurity.org/resources/COVID-19/

WHO - COVID-19 updates
https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen

WHO - COVID-19 situation reports
https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports

ACOG - COVID-19 FAQs for ObGyns
https://www.acog.org/en/Clinical%20Information/Physician%20FAQs/COVID%2019%20FAQs%20for%20Ob%20Gyns%20Obstetrics

National Perinatal Association
http://www.nationalperinatal.org/COVID-19

COVID-19 study of hospitalized infant under the age of 1 in China
https://jamanetwork.com/journals/jama/fullarticle/2761659

American Society of Reproductive Medicine
https://www.asrm.org/news-and-publications/covid-19/

Kaiser Family Foundation - special considerations for pregnant women
https://www.kff.org/womens-health-policy/issue-brief/novel-coronavirus-covid-19-special-considerations-for-pregnant-women/

Kaiser Family Foundation - Telemedicine and Pregnancy Care
https://www.kff.org/womens-health-policy/issue-brief/telemedicine-and-pregnancy-care/?utm_campaign=KFF-2020-Womens-Health-Policy-WHP&utm_source=hs_email&utm_medium=email&utm_content=84864668&_hsenc=p2ANqtz-9ehQKY7pxuEZdB3Y83dSs38M9KEXEnqGl04eukHJqcIg96joY39n7SNrFh46Bvkdu6O6dq20-h9nzWISY9W4hAf_-6pg&_hsmi=84864668

American College of Nurse Midwives
https://www.midwife.org/monitoring-covid-19

Society of Maternal Fetal Medicine
https://www.smfm.org/covid19

Association of Women's Health, Obstetric and Neonatal Nurses
https://awhonn.org/novel-coronavirus-covid-19/

International Lactation Consultant Association
https://ilca.org/covid-19/

The Society of Obstetricians and Gynaecologists of Canada
https://sogc.org/en/-COVID-19/en/content/COVID-19/COVID-19.aspx?hkey=4e808c0d-555f-4714-8a4a-348b547dc268

Royal College of Obstetricians & Gynaecologists
https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/

Midwives Alliance of North America (COVID-19 info in blog posts)
https://mana.org/

California Maternal Quality Care Collaborative (CMQCC)
https://caperinatalprograms.org/?fbclid=IwAR0QaZpsARGpamCgZVdRuhJWDY_VzqGRZVYVkHVQyGAQMc8ZBMPPxfDEITU

Doulas of North America
https://www.dona.org/covid-19-and-doulas/

Evidence Based Birth
https://evidencebasedbirth.com/covid19/

Midwives College of Utah
https://www.midwifery.edu/mcu-update-on-covid-19-coronavirus/

Foundation for the Advancement of Midwifery - Statement re: community birth and pandemic
https://formidwifery.org/wp-content/uploads/2020/03/out-of-hospital-birth-and-pandemic-planning-fam-march-23-2020.pdf

Aviva Romm
https://avivaromm.com/covid-19-pregnancy-breastfeeding/

National Association of Certified Professional Midwives - "Midwives on the Front Line"
https://nacpm.org/coronavirus-midwives-on-the-front-line/

La Leche League International
https://www.llli.org/coronavirus/

From Dr. Peter Tsai, the INVENTOR of the filtration fabric in the N95 mask. N95 masks are made of polypropylene material, and are designed to tightly fit over your face with little leakage around the edge of the mask. I asked Dr. Tsai about reusing the N95 respirator, and what

materials could be added in homemade masks to make them more effective. He responded with the following:

MASK REUSE METHOD #1

When reusing N95 masks, leave a used respirator in dry, atmosphere air for 3-4 days to dry it out. Polypropylene in N95 masks is hydrophobic, and contains zero moisture. COVID-19 needs a host to survive--it can survive on a metal surface for up to 48 hours, on plastic for 72 hours, and on cardboard for 24 hours. When the respirator is dry in 3-4 days, the virus will not have survived.

Take four N95 masks, and number them (#1-4).
On day 1, use mask #1, then let it dry it out for 3-4 days.
On day 2, use mask #2, then let it dry out for 3-4 days.
Same for day 3, and day 4…

MASK REUSE METHOD #2

You can also sterilize the N95 mask by hanging it in the oven (without contacting metal) at 70C (158F) for 30 minutes—it is reported that COVID-19 cannot survive at 65C (149F) for 30 minutes.

Use a wood clip to hang the respirator in the kitchen oven to do the sterilization.

When sterilizing N95 masks, be wary of using UV light--keep N95 masks away from UV light / sunlight. N95 masks are degraded by UV light because it damages the electrostatic charges in the polypropylene material. It is unclear how long the masks can be exposed to UV light before they are ineffective.

TIPS FOR REUSE METHOD #1 AND METHOD #2

DO NOT place the respirator on a metal surface, or too close to metal--the temperature on the metal surface is higher than the air temperature.

Keep N95 masks away from UV light / sunlight.

When removing the mask, hold the edge of the straps attached to take off the N95 mask. Your hands may be contaminated at this time--don't touch the inside part of the respirator. Wash your hands with soap for 20 seconds afterward.

HOMEMADE MASKS

It is not a good idea to use cotton masks when taking care of infected patients. The effectiveness of a material made of cotton is not high—it's fiber is not fine enough, and it cannot be charged. An N95 mask is so thin because it uses Polypropylene which is made of millions of microfibers layered on top of each other that have been permanently electrostatically charged. An electrical

field ionizes the air, and forces the ions deep into the microfibers which allows the polypropylene to act as a filter.

However, using a HEPA filter with a face mask might increase its effectiveness, but it may make it harder to breathe. If you place another media over a face mask, the resistance to breathing increases—it is the sum of the two together. When adding an extra layer, make sure it perfectly covers the whole mask. Keep in mind it may make it more difficult to breathe.