



March 12, 2020

**Safety Measures Practiced by Doula Training Canada trained doulas.
For immediate release:**

Our doulas continue to follow and share best practices for overall hygiene with doulas, clients, and their own families. These preventive measures include:

- Washing hands frequently with soap and water for at least 30 seconds. If soap and water are not available, use alcohol-based hand sanitizers
- Avoiding touching eyes, mouth and nose with unwashed hands
- Avoiding close contact with individuals who are sick
- Staying home when sick
- Remaining home, based on Health Canada recommendations, for at least 24 hours after no fever or signs of a fever (i.e., chills, feeling warm, flushed appearance) without the use of fever-reducing medication
- Covering coughs or sneezes with a tissue, then immediately discard the tissue in the trash
- Cleaning and disinfecting frequently touched objects and surfaces
- Taking any antiviral medication prescribed as instructed

Extra safety measures

Additional measures that our doulas take include:

- Washing hands frequently (or using hand sanitizers) during births and childbirth classes similar to nurses, doctors and midwives
- Wearing gloves in the birthing room when possible during skin to skin interaction
- Washing our work clothes in hot water following each birth and keeping clean clothes in a closed cabinet or drawer
- Cleaning supplies used during births (speakers, diffusers, massage tools, etc.) with disinfectant wipes and covering fabric supplies with removable single use hospital linens

Resources:

Government of Canada:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals.html>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

The Society of Obstetricians and Gynaecologists of Canada (SOGC)

<https://www.sogc.org/en/content/featured-news/sogc-statement-coronavirus.aspx>