

## COVID-19 Resources for Doulas & Birthworkers

[American College of Obstetricians & Gynecologists](#) - Includes information about [obstetric preparedness, an algorithm for managing pregnant patients with suspected or confirmed novel coronavirus, and FAQs for physicians.](#)

### **Centers for Disease Control – Considerations for Inpatient Obstetric Healthcare** -

Description of prehospital and hospital considerations, mother/baby contact, and breastfeeding recommendations.

[Federal Student Loan Relief](#) - The federal government has waived two months of payments and interest for many student loan borrowers. You must contact your loan servicer to request a waiver and to make sure that your loan is eligible.

[HealthWell Foundation COVID-19 Fund](#) - Provides up to \$250 in assistance with ancillary costs associated with COVID-19. Grants awarded through the fund will provide reimbursement assistance to at risk or quarantined individuals for delivered food, medication, telehealth copays, and transportation costs associated with COVID-19.

**Hospital & Birth Centers COVID-19 Birth Support Policies** - This is an open-source document. It is as up-to-date and accurate as possible but policies are regularly changing. Please be sure to still check with care providers and the birth center/hospital staff for their current policies.

**Lifeline Discount Smart Phones** - A government benefit program that provides monthly telephone service discounts for eligible consumers living on low incomes.

**Pandemic Response Doula Training** - This no cost comprehensive online training covers birth, lactation, and postpartum care during the pandemic. Taught by Camie Jae Goldhammer, MSW, LICSW, IBCLC, Jane E. Drichta, MS, CPM, PGDip (Tropical Nursing), and Kate Dewey, CD/CDT(BAI) this course is beneficial for anyone supporting pregnant and lactating parents.

[Paid Family Medical Leave](#) - Find out more information about the Paid Family Medical Leave program.

**Perinatal Psychiatry Consultation Line for Providers** - Any provider in WA who cares for pregnant or postpartum patients can consult on any behavioral health-related questions for patients who are pregnant, in the first year postpartum, or who have pregnancy-related complications (e.g. pregnancy loss, infertility).

**Request a Hot Spot or Cell Phone for At Need Clients** - The Maternal Coalition has a limited number of T-Mobile Hot Spots and cell phones available. Please fill out the form for your clients.

**Request a Zoom License to Connect with Clients** - The Health Care Authority (HCA) has purchased a limited number of licenses for Zoom, a video conferencing technology that helps health care providers continue seeing patients without a physical encounter.

**Seattle Restaurants Offering Delivery and Takeout** - The Stranger compiled this list which includes many that offer discounts and promotions. The full list of delivery options including those without specials can be found [here](#).

**Society for Maternal Fetal Medicine** - Provides guidance for [ultrasounds](#), webinars on [preparing obstetrical units](#) and [COVID-19 in the ICU](#), and hosts a [COVID-19 community](#) with discussions and shared files related to pregnancy and the pandemic.

**UW Medicine COVID-19 Resource Site** - Public site for healthcare workers including screening and testing algorithms and policy statements.

**Video Conferencing** - Several video conferencing software companies have opened up free access to their premium features including [Cisco Webex](#), [Google Hangouts \(for schools and businesses\)](#), and [Zoom \(for K-12 schools\)](#)

**WA State Community Health Workers Association** - COVID-19 Workforce Training Materials

**Washington Healthplan Finder Special Enrollment Period** - The Washington Health Benefit Exchange is offering an expanded enrollment period for qualified individuals who are currently without insurance. Many insurance providers are also offering grace periods on premiums.

**Xfinity WiFi Free for Everyone** - Xfinity WiFi hotspots are available to anyone who needs them for free - including non-Xfinity Internet subscribers.

Webinars for Birthworkers

**Black Mamas Matter Alliance** is a Black women-led cross-sectoral alliance. They center Black mamas to advocate, drive research, build power, and shift culture for Black maternal health, rights, and justice. They have created an extensive list of no cost webinars including the ones below. [View the full list of webinars and publications.](#)

- [Black Maternal Health and the U.S. COVID-19 Response](#)
- [Best Practices in Black Mama Care Work](#)

- **[Improving Health Outcomes for Black Mamas through Holistic Midwifery Care](#)**

**[Health Inequities and COVID-19](#)** – Learn from Drs. Sarah Wheeler and Allison Bryant Mantha by watching the recorded webinar. The slide decks from this webinar are available: Dr. Wheeler's [slides](#) and Dr. Bryant Mantha's [slides](#).

**[Pandemic Response Doula Training](#)** – This no cost comprehensive online training covers birth, lactation, and postpartum care during the pandemic. Taught by Camie Jae Goldhammer, MSW, LICSW, IBCLC, Jane E. Drichta, MS, CPM, PGDip (Tropical Nursing), and Kate Dewey, CD/CDT(BAI) this course is beneficial for anyone supporting pregnant and lactating parents.

**[Racism in Birth and Breastfeeding](#)** – Abby from the Bad Ass Breastfeeding Podcast interviews Kimberly Seals Allers. Kimberly is instrumental in the field of maternal child health and breastfeeding within the Black community and among women of color. In her interview she describes the impact of the pandemic on women, birth and breastfeeding and how fear is being used as a tool, along with many other topics.