



MOTHER INFANT HEALTH & EQUITY IMPROVEMENT PLAN



As we are all responding to the COVID-19 pandemic, it is important that information and resources be shared, during this quickly evolving situation. Please visit our website at Michigan.gov/Coronavirus for up to date information. We will continue to share information and frequent communications to our maternal infant health network.

Parents, Families and Caregivers

Michigan Children's Trust Fund COVID-19 Parent and Caregiver Guide

[The Parent and Caregiver Guide](#) contains information to help protect your family, ways to cope and help your family during a crisis, information for children with special healthcare needs and for expecting parents.

Zero to Three - Tips for Families: Coronavirus

The [Tips for Families](#) resource offer tips for families including age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing.

March of Dimes 2020 COVID-19 Birth Plan

[Coronavirus Disease \(COVID-19\): What You Need to Know About Its Impact on Moms and Babies](#)

Delivery a baby soon? Please see the [March of Dimes Birth Plan](#) that includes COVID19 considerations. For additional considerations during labor visit <https://www.marchofdimes.org>.

Information for Providers

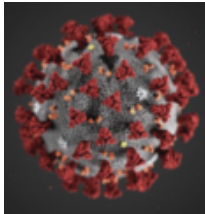
CMQCC - COVID-19 Resources for Maternal and Infant Health

[CMQCC has launched a website with COVID-19 resources](#) for perinatal health, including sample hospital resources.

- **WEBINAR SERIES** Preparing your Perinatal Units to Respond to COVID-19:
[REGISTER HERE: Transitions of Care and Neonatal Nutrition](#).
(UC Davis Medical Center, 4/10/20 at 12:00 PM PST)
- **WEBINAR: Practical Recommendations from a Frontline Hospital.**
(Lucile Packard Children's Hospital Stanford, 3/24/20) | [Webinar recording](#) | [Slide Set](#)
["Preparing your Perinatal Unit to Respond to COVID-19"](#)

American Society for Reproductive Medicine

Recently updated the [Clinical recommendations and patient management](#) aimed at mitigating risk for patients, physicians, nurses, providers, laboratory and clinical staff, and the community.



Michigan Primary Care Association (MPCA)

MPCA is working with local, state, and federal partners to ensure that Michigan's community health centers have the information and resources necessary to tackle COVID-19, more information can be found at [MPCA COVID-19 Resources](#).

The Michigan Maternal Mortality Surveillance Program (MMMS)

Recently released several new topic-specific [Fact Sheets](#), for healthcare providers, on:

- Peripartum Cardiomyopathy
- Obstetric hemorrhage
- Hypertensive Disorders of Pregnancy
- Substance Use Disorder

Thank you for the work that you do each and every day to protect and promote the health of our Michigan moms, babies and families.



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The Michigan Department of Health and Human Services recommends that Michiganders wear a face covering when outside of their home to help stop the spread of COVID-19.*

This is because you could spread COVID-19 to others even if you do not feel sick. The best way to keep from getting sick is to stay home as much as possible, practice social distancing and good hand hygiene.



****Cloth face coverings should not be placed on children under age 2.***

More information on the [CDC Recommendation on Cloth Face Coverings](https://www.cdc.gov/media/releases/2020/s0504-cloth-face-coverings.html)

Also visit Michigan.gov/Coronavirus for more [Frequently Asked Questions on Face Coverings](#)

Pregnancy, Birth & Breastfeeding

Women's Mental Health

COVID-19 is creating a lot of stress, fear and anxiety in families across the U.S. The March of Dimes [Healthy Moms, Strong Babies: Expecting a Baby During COVID-19 Panel Discussion](#) shares more about the importance of maternal mental health and combating postpartum depression during these challenging times. For more resources visit MarchofDimes.org

Learn more about perinatal mood & anxiety disorders, including risk factors, & symptoms at [Postpartum Support International](#).

Black Maternal Health Week is April 11th - April 17th

The third annual national [Black Maternal Health Week](#) campaign, founded and led by [Black Mamas Matter Alliance \(BMMA\)](#), is a week of awareness, activism, and community building. The campaign serves to amplify the voices of Black mothers and center the values and traditions of the reproductive and birth justice movements. RSVP to [BMHW Webinar Series](#).

Pregnancy & Birth

COVID-19 has changed life dramatically for everyone. Staying safely at home is critical to stop the spread of the coronavirus, which may mean in-person birth classes were canceled. To help you prepare for your bundle of joy while staying safely at home, virtual classes could be an option.

- [Motherly's Becoming Mama Online Birth Class](#)
- [Birthing in the Time of COVID-19: A Free Birth Class](#)
- [App-based online childbirth class from SoShe](#)

**These options are not endorsed by MDHHS, when making decisions about your health it is recommended to speak to your health care provider to find the best option for you and your family*



Breastfeeding & Lactation

As communities around the nation respond to the global coronavirus disease (COVID-19) pandemic, the U.S. Breastfeeding Committee (USBC) is bringing awareness to the need to protect, promote, and support breastfeeding during emergencies, and every day. For more information visit [Infant and Young Child Feeding in Emergencies, Including COVID-19 from the United States Breastfeeding Committee](#).

More breastfeeding resources are available at:

- [Johns Hopkins University School of Nursing on Breastfeeding and Coronavirus](#)
- [WIC Breastfeeding Support and Resources](#)
- [Michigan-Specific Breastfeeding Resources](#)
- [Stanford's Short Course on Breastfeeding for New Mothers & Their Support Networks](#)

Information for Providers

[The National Alliance for Innovation on Maternal Health \(AIM\) Safety Bundle](#) addresses **Maternal Mental Health: Depression and Anxiety**, providing resources, webinars and tools for providers.

[The Michigan Alliance for Innovation on Maternal Health \(MI-AIM\)](#) has recently released updated patient safety bundle recommendations on **COVID-19: Hypertension & Obstetric Hemorrhage**.

[Michigan Statewide Available PPE and Bed Tracking](#) provides **COVID-19 Hospital Metrics** on number of available beds, available ventilators, PPE, and more.

**Information is separated by [Healthcare Coalition Region](#).*

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More information regarding COVID-19 and Maternal & Infant Health can be found at Michigan.gov/MIHEIP

The Michigan Coronavirus Task Force on Racial Disparities

Governor Whitmer announced an [Executive Order](#) outlining the Michigan Coronavirus Task Force on Racial Disparities and its priorities in addressing the way COVID-19 has disproportionately impacted communities of color throughout our state.

Michigan is Prioritizing Mental Health

Governor Whitmer and Headspace Launch '[Stay Home. Stay Mindful](#)' website to offer Free Mental Health Resources.

MDHHS recently launched the [warmline](#) that connects Michiganders living with persistent mental health conditions to certified peer support specialists. The warmline operates 10 a.m. to 2 a.m., seven days a week at 888-PEER-753 (888-733-7753).

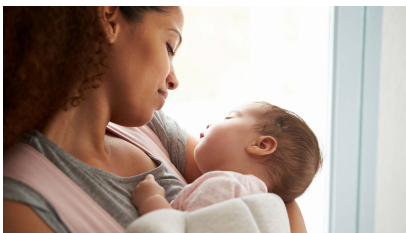
The department has also published [several guides](#) in support of the emotional health of older adults, children, health care providers, first responders and others who may have unique needs when processing the impacts of this pandemic.

Parents, Families and Caregivers

WIC Breastfeeding Support

Local WIC agencies may be contacted to connect families with a breastfeeding peer counselor. If a peer counselor is not available, families may call 833-MIWICBF (833-649-4223) to receive one-on-one breastfeeding support from 8 a.m. to 8 p.m., seven days a week.

[Learn more about Pregnancy & Breastfeeding recent COVID-19 updates](#) from the Centers for Disease Control and Prevention.



WIC Program Updates

The Michigan Women, Infants and Children (WIC) Program is operational statewide, offering a full array of services to new and current clients. Over the past few weeks, Michigan WIC has implemented significant programmatic and operational changes:

- Granted waivers by the USDA to temporarily suspend physical presence requirements & issue EBT benefits remotely
- Implemented processes to extend eligibility periods by 30 days, and extend benefit issuance for an additional 3 months when possible
- WIC has [expanded the list of authorized foods](#) to accommodate product shortages at stores.

The current situation is unprecedented, and things change rapidly, but for the sake of providing external partners and clients with the most accurate and up-to-date information, WIC has published online guidance on the [MDHHS WIC homepage](#).

Please direct any WIC-specific questions to 1-800-942-1636, option 1, then option 2 to speak with a State WIC consultant.

Home Safety

[Home Safe with Young Children Checklist from CPSC](#)

[Home Safety Checklist from Safe Kids](#)

[How to Prepare for a New Baby During a Pandemic from Charlie's Kids](#)

[Tips for Coping with a New Baby During COVID-19](#)



Information for Providers

[Letter from Dr. Khaldun on COVID-19 Impacts on Racial and Ethnic Minorities](#)

The purpose of this letter is to make sure you are aware of our current understanding of how this disease is impacting racial and ethnic minorities, and alert you to ways you can address this in your current practice. For more resources for Health Professionals visit [Michigan.gov/Coronavirus](#)

[WEBINAR: Supporting your Perinatal Units During COVID-19: Mental Health Considerations for Patients and Healthcare Workers](#) available from the CMQCC COVID-19 webinar series. Speakers will discuss ways to support the mental health of patients, families, and healthcare workers in perinatal units during the COVID-19 pandemic.

Wednesday, April 29, 2020 • 3:00 PM - 4:15 PM EST

[CMQCC Recorded Webinars & Sample Hospital Resources Available for Healthcare Professionals](#)

[Trainings and Webinars for Healthcare Professionals](#) are available from the CDC. Offering the most up to date information and guidance about COVID-19 for clinicians, including:

- [What Clinicians Need to Know](#)
- [Infection Prevention and Control Recommendations](#)
- [Caring for Children and Pregnant Women](#)

[Brain & Life](#) provides guidance on neurology & COVID-19 from the American Academy of Neurology.

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