



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.

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-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](#).*

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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HEALTH & EQUITY
IMPROVEMENT PLAN**

TOGETHER, SAVING LIVES

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