

New Jersey Department of Health Division of Family Health Services

Information for Families regarding COVID-19

This is a challenging time for pregnant women, new parents, and families in New Jersey. The information below describes modifications that have been made to programs within the Division of Family Health Services (FHS) as part of the coronavirus (COVID-19) response to protect you and your loved ones.

PREGNANCY

Pregnant women and their families should take all possible steps to avoid infection: stay home when possible, keep social distance, wash hands often, and avoid people who are sick. If you feel sick or have any concerns, please contact your healthcare professional immediately.

Answers to frequently asked questions about how COVID-19 can impact pregnancy, childbirth and breastfeeding can be found at:

www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html

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LABOR AND DELIVERY SUPPORT

As part of the COVID-19 response, New Jersey hospitals allow one support person to be with a woman during labor, delivery and after birth. This support person can be a spouse, partner, doula, friend, or family member.

Contact your local hospital to find out how they plan to keep you, your baby, your family and healthcare providers safe.

https://www.nj.gov/health/healthfacilities/documents/CN/guidance/Labor_and_DeliverySupportCOVID19.pdf

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DOULAS

Doulas provide support during pregnancy, labor, delivery and after birth. Hospitals have policies to protect doulas and the women they serve from COVID-19. Doulas who are unable to attend the birth at the hospital can still provide support by telephone and video communication.

Information about NJDOH pilot doula programs and other MCH programs that support maternal depression and other health issues may be obtained by calling the 24/7 NJ Family Health Line at *1-800-328-3838*. Trained counselors provide information and referrals for health screening and treatment.

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NJ HOME VISITING PROGRAM

Home visitors are continuing to serve pregnant women and families in New Jersey through telephone and video communication. Please contact your local home visiting service provider to find out how your home visitor can continue to support you during the coronavirus outbreak.

If you want to receive support services and join the Home Visiting program, please contact your county Central Intake Hub by visiting the website www.nj.gov/health/fhs/maternalchild/outcomes or by calling NJ-211 (*Dial 2-1-1 or 1-877-652-1148*).

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SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM-EDUCATION (SNAP-ED)

SNAP-Ed offers training and resources to SNAP eligible families to help them make healthy lifestyle choices on a limited budget.

During the COVID-19 pandemic, you should be taking extra precautions to keep you and your family safe and prepared, including making sure you have everything you need at home. MyPlate offers tips on food planning and preparation and has a full list of healthy recipes you can make for your family while on a budget. Additionally, when so many of us are very restricted in our movements, it is even more important for people of all ages and abilities to be as active as possible. Even a short break from sitting, by doing 3-5 minutes of physical movement, such as walking or stretching, will help ease muscle strain, relieve mental tension and improve blood circulation and muscle activity.

[NJSNAP-Ed.gov](https://www.njsnap-ed.gov) offers recipes - many of which include local ingredients - that are both nutritious and budget friendly.

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NEW JERSEY EARLY INTERVENTION SERVICES (NJEIS)

Early intervention services are designed to address a problem or delay in development as early as possible, for infants and toddlers up to age three.

As part of the COVID-19 response, starting April 1 2020, Early Intervention Programs will be provided by telephone. New Jersey Early Intervention Services (NJEIS) continues to receive and process new referrals through the statewide referral number, *1-888-653-4463*.

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ADDITIONAL RESOURCES FOR FAMILIES

General questions about COVID-19: call 2-1-1 or 1-800-962-1253 or text NJCOVID to 898-211 or visit covid19.nj.gov/

Early Childhood, Parenting, and Professional COVID-19 Resource Center: www.njparentlink.nj.gov/njparentlink/current/covid-19.html

To help New Jerseyans in managing the stressors associated with COVID-19, the NJDHS launched the NJ Mental Health Cares hotline at 866-202-HELP (or 866-202-4357).

Emergency Child Care Assistance Program (ECCAP) is an NJDHS Division of Family Development program that helps support childcare costs when a parent or guardian is an essential employee, regardless of your income. Visit childcare.nj.gov/Emergency

Temporary Disability and Paid Family Leave is an NJDOL program that can provide financial support before, during and after pregnancy in support of family bonding. Visit myleavebenefits.nj.gov/labor/myleavebenefits/worker/maternity/index.shtml

Visit NJHelps.org to see if you might be eligible for food assistance (SNAP), cash assistance (Work First New Jersey/Temporary Assistance for Needy Families or Work First New Jersey/General Assistance) and health insurance (NJ FamilyCare/Medicaid). From there you can apply for services or learn about additional resources.