



HEALTHY MOTHERS, HEALTHY BABIES

Coalition of Georgia

To Whom It May Concern,

The holder of this letter is a doula, which is critical birth worker and part of a patient's birth team. They should be exempt from COVID-19 restrictions including stay at home orders and curfews when going to or returning from a birth, appointment, or home visit.

A doula is a trained professional that offers necessary services by providing emotional and other support throughout the prenatal, birth, and postpartum period to mothers and their families. Doulas positively impact maternal and infant health in a number of ways, including:

- Lower rates of C-sections
- Breastfeeding promotion
- Lower rates of premature and low birthweight deliveries
- Higher patient satisfaction of overall birth experience

Doulas are a necessary resource especially during this time of stress and confusion that both families and providers are experiencing. Doulas can stay with families throughout the laboring process to keep them calm as many providers are being overwhelmed with increasing demand as a result of the coronavirus pandemic.