

WHAT TO EXPECT WHEN DELIVERING AT THE HOSPITAL DURING COVID-19

Who receives COVID testing?

- All labor and delivery patients who are admitted, or will be admitted for delivery, will receive screening for COVID-19 including a laboratory test.

When will my COVID-19 test be done?

- All patients with a scheduled procedure will be tested 48-72 hours prior to their appointment. A nurse will reach out to you and set-up an appointment to be tested.
- Patients admitted to the hospital who have not had a test done or if it has been more than 72 hours since a test was performed will need to have a test completed.

Will my delivery experience change if I am COVID positive?

- Delivery experiences for patients who test COVID-positive will look very similar to those who are COVID-19 negative. When team members and providers are in the room with you, they will be wearing personal protective equipment – masks, face shields and gloves. We will give you the very best care while minimizing the risk of transmission.
- You will also need to wear a surgical mask (provided by the hospital) if you test positive for COVID-19, to reduce the risk of transmission. If you do not test positive for COVID-19, you may wear a mask during delivery but are not required to.

What happens to my baby if I test positive for COVID-19?

- Based on current recommendations from the Centers for Disease Control and American Academy of Pediatrics, if you test positive for COVID-19 we will provide your baby a separate area after delivery to be with a designated caregiver to minimize the risk of infection to your baby.
- The designated caregiver is required to wear a mask and gown when caring for your baby. Your baby will also be tested around 24 hours of age and again at 48 hours of age for COVID-19.

What is a designated (healthy) caregiver?

- Designated caregivers must be free of any signs of illness. Individuals at high risk for severe disease (e.g., underlying cardiopulmonary disease, poorly controlled diabetes) are advised not to visit/be caregivers.
- Designated caregivers include, but are not limited to:
 - Parent/stepparent
 - Spouse/significant other
 - Other defined caregiver
- Designated caregivers:
 - Must be 16 years of age and older
 - Always remain in patient room as appropriate
 - Limit movement within the facility and avoid common areas
 - Free from illness such as (fever, sore throat, cough, diarrhea, vomiting or runny nose)
- Exceptions may be made in certain situations and can be discussed with patient care teams.



How long will I have to be away from my baby if I test positive for COVID-19?

- We recommend a temporary separation from newborns and COVID-19 positive moms to reduce risk of transmission until specific symptoms meet criteria:
 - fever free for 72 hours
 - improvement of symptoms
 - 10 days since the onset of first symptoms
- If you had no symptoms but tested positive, you can continue enhanced precautions at home for 10 days following your positive test. This includes monitoring for any new symptoms, wearing a mask, frequent handwashing and wearing clean clothing when around your baby.



Can my newborn contract COVID-19?

- Newborns can contract COVID-19 through respiratory droplet transmission both through the nearby air and on surfaces, just as adults can. Please contact your pediatrician for guidance on how to best care for your newborn.



Can I take my baby home if I test positive?

- If you have tested positive for COVID-19 and are ready to be discharged from the hospital, you will be allowed to go home if you have a healthy designated caregiver accompanying you and your baby.



Can I breastfeed if I am COVID positive?

- Yes, you can breastfeed while taking precautions. It's recommended to express breast milk using a dedicated breast pump during the time of illness and maintain your milk supply until criteria have been met to discontinue separation from your baby by your provider.
- The expressed breastmilk can be fed to the newborn by a healthy designated caregiver.



If I test positive for COVID-19, can I have a designated caregiver with me or will I labor alone?

- You will not labor alone. You may have one designated caregiver with you during labor and birth, and your designated caregiver will be evaluated upon entry to the hospital, which includes screening questions and a temperature check.
- Once you deliver, the designated caregiver will become the primary caregiver for the infant and must remain with the baby. They will not be able to go back and forth between rooms. We recognize this is not an ideal situation but is in place as a safety precaution to keep you, your baby, our patients and team members as safe as possible.



Will my designated caregiver be tested?

- At this time we are not providing COVID-19 tests to designated caregivers. We are actively monitoring the clinical and community landscape. We are poised to respond to changes to give the right care at the right time. If your designated caregiver has been tested due to symptoms or possible exposure and has tested positive, they cannot come to the hospital with you. A different healthy caregiver should be designated.