

## Childbirth and Children's Services, Support Person Guidelines during COVID-19

Updated: July 2, 2020

We understand that delivering a baby in the midst of a pandemic can be extremely stressful for our patients and their families, and having a support person can relieve some of the stress.

The hospital has put guidelines and procedures in place across the organization for the safety of our staff and patients. However, as the situation continues to evolve, the hospital's processes do as well.

As of July 6, 2020, one support person will be allowed to stay for the duration of labour, birth and postpartum to support a birthing mother. We are asking the support person to please bring food for their stay (that does not require heating or refrigeration).

The support person must:

1. Be screened upon entering the hospital
2. Wear a mask throughout the duration of the stay
3. Proceed directly to the nursing station, once they have entered the hospital
4. Adhere to strict infection prevention and control standards which includes hand hygiene
5. Remain with their loved one as much as possible and minimize movement throughout the facility
6. Be the same support person throughout the stay

If any of the following situations (below) were to occur, the support person will not be permitted into the hospital/will be asked to leave:

- If the support person shows positive signs or symptoms of acute respiratory illness (fever, sore throat, runny nose, muscle or joint pain, etc.) or has had exposure to who has or is suspected of COVID-19 either through the workplace or family (including the patient)
- If postpartum care requires transfer to a shared room, the support person must leave at that point, as a shared room is not large enough to practice appropriate physical distancing
- Non-compliance with the six requirements (above) will not be tolerated and the support person will be asked to leave the hospital immediately

This policy is subject to change depending on the COVID-19 pandemic situation. For antepartum or extended postpartum patients, please refer to the "inpatient areas" section.