

We at Stevenson Memorial Hospital are taking all precautions in order to keep our patients and staff safe during the pandemic. This includes limiting the number of people on site. Our Infection Prevention & Control team is diligent in ensuring that best practices are maintained in all departments of the facility. This includes increased cleaning practices, limiting visitors and using the proper Personal Protective Equipment (PPE) when needed. We in the Maternal/Child Program recognize that you, the patient, play an active role in preventing the spread of COVID-19.

COVID-19 Testing for In-Patients and Support Person

- If you are booked for a planned C-section or Induction of labour, you and your support person are required to attend the COVID-19 Assessment Centre for testing 2 to 3 days prior to the procedure. Appointments can be booked at: <http://www.stevensonhospital.ca/covid-19-assessment-centre.html>
- Patients who come into the hospital in spontaneous labour and screen negative for COVID-19 symptoms will not require a COVID-19 test.
- We ask that pregnant women and their support person practice home isolation, safe physical distancing and other infection control measures to decrease the risk of acquiring COVID-19 following their COVID-19 swab until admission to the hospital.
- A repeat COVID-19 test will need to be repeated if your appointment is postponed more than a few days.

Birthing Unit Information

- A patient in labour will be allowed one support person to accompany them and stay with the birthing patient as long as the following criteria are met:
 - The support person screens negative for symptoms of COVID-19
 - SMH has sufficient PPE for the support person
 - Adequate spacing can be ensured in the care environment to allow support people to be appropriately physically distanced from other patients and support people.
 - The support person remains compliant with physical distancing and infection control instructions including proper use of PPE.
- Once you are admitted to the hospital, you and your support person will be required to stay in the labour room at all times. We recommend that you bring all food/drinks/snacks and other items that the support person will need for your entire stay. The hospital can provide food for the partner at a cost of \$15.00/day for breakfast, lunch and dinner.
- Your support person will be able to leave the hospital if necessary, however we do encourage that they limit this to once a day to decrease the amount of travel through the hospital.
- Movement through and between care environments by the support person should be minimized and will only occur following the direction of a member of the health-care team.
- A support person who develops signs or symptoms of possible infection at any time during the stay will need to leave immediately and must go to a COVID-19 Assessment Centre to be tested.
- For the protection of the health-care team, you will be provided with a mask to be worn while in the hospital. This mask will be worn for your entire stay even when you are in your room.
- We continue to encourage early discharge for mothers and babies as long as the discharge criteria are met. This may mean that you will be discharged through the night following your infant's 24-hour bloodwork.

Follow up Appointment

- As you are aware, our OB/GYN clinic is open during the pandemic. As we work to protect our patients and staff from COVID-19, we are trying to limit the number of people in the hospital. To protect your child, we are not permitting your newborn to accompany you to your post-partum visits. Please arrange child care accordingly and we ask that you do not arrive to your appointment early.

What to Bring to the Hospital

Please pack lightly as there is limited space for personal items.

Mom

- Birth plan
- Bathrobe (you are not encouraged to leave your room)
- Slippers/sandals
- Socks
- Lip balm
- Comfortable pillow
- Nightgown or comfy clothes
- Heavy flow pads (pull up depends, or nighttime pads)
- Underwear
- Nursing bra
- Comb, deodorant, toothbrush, personal care products
- Phone, charger
- Snacks/drinks

Baby

- Diapers
- Wipes (1 travel size package is not enough)
- Vaseline
- Sleepers (4)
- Socks/mittens
- Blanket
- Car seat (Leave in care until discharge)
- Hat
- Bottles/formula if planning on bottle feeding

Thank you for your cooperation to ensure that the safety of you, your loved ones and each patient and staff member in our hospital during this challenging time.

If you have any questions and/or require clarification, please do not hesitate to reach out to us on the Birthing Unit or speak with your Healthcare Provider at your next appointment.