

Guidelines for Our Families Coming to RVH to Have a Baby

Royal Victoria Regional Health Centre has made restrictions to visiting to minimize the spread of COVID-19.

We understand that having a baby during this time can cause worry and leave you with many questions concerning your Labour and Birth, and hospital stay. Below you will find a list of measures that we have put into place in order to ensure your experience goes as smoothly and safely as possible. We ask that you review these guidelines and sign to acknowledge your commitment to follow them.

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 very challenging time is maintained.

On admission to the hospital, you will be required to have a COVID swab (swabs for elective C-sections will be completed the day before). As per Public Health guidance, if you are positive or if you refuse to be tested, your support person will not be permitted to stay after the birth of the baby.

Once you are admitted as a patient the following strategies will need to be followed by you and your support person in order to ensure your safety and the safety of others:

- Follow screening and masking procedures for you and your support person:
 - * Answer ALL screening questions honestly.
 - * All patients and their support person are required to wear a mask at all times while healthcare provider is in the room.
 - * Practice hand hygiene.
 - * If at any time your support person starts to feel unwell, they will be asked to leave and directed to go for a COVID swab.
- Restricted access:
 - * 2 support persons are permitted for the stay in the Birthing Unit. 1 support person is permitted for the duration of your stay in the Obstetrical Unit. If no support person, you may have 2 designated visitors for a 1 hour visit, 1 person per day. Can arrange time and date with staff.
 - * There will be no 'in and out' privileges for the hospital. Patients and their support person will not be permitted to exit the building for cigarette breaks or to meet family members.
 - * We recommend that you speak with your Healthcare Provider to make arrangements for alternative smoking cessation options prior to admission.
- The Food Court is now open:
 - * Tim Hortons is open from 5am-11pm daily
 - * Café Royale is open from 7:00am-4pm Monday to Friday
 - * Subway is open from 9:30am-7pm Monday to Wednesday, 9am-9pm Thursday and Friday and 10am-7pm weekends
 - * Gino's is open from 7am-8pm daily
 - * You are welcome to bring a cooler with food and drinks that you know you may want beyond what the hospital provides and to feed your support person. You may order food from RVH Patient Food Services - ask staff for assistance and they will provide you with information on ordering.
 - * External food orders (i.e. Skip the Dishes/Door Dash) will not be permitted.

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.

Our visiting policy may change at any time based on provincial direction and/or department census. Your support person may be required to leave after the baby is born depending on the department census.

I have reviewed the above and acknowledge our commitment to adhere to the guidelines. I understand that failure to do so will result in support person privileges being revoked and that they will be required to leave the hospital.

Patient Signature

Support Person Signature