

## 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.

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.

The designated support person will not be permitted to accompany the patient within the hospital until the patient has been admitted to the Birthing Unit (e.g. Triage, NST, Bloodwork, Diagnostic Imaging). The waiting room is for patients only.

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:
  - \* While a patient is in labour and delivery, 1 support person is permitted to stay for as long as patient requires assistance with care for infant. During your stay on the Obstetrical Unit, the same support person is permitted to stay until discharge or when patient no longer requires assistance.
  - \* 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 & Café Royale are closed to patients and their support person:
  - \* 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 more 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.