

Letter to Obstetrical Patients and Support People During the COVID-19 Outbreak – Updated 3/3/2021

Welcome to Mount Auburn Hospital. Below is some important information about what to expect during your stay on Labor and Delivery and our Postpartum Units. **Our goal is to keep you and your family happy and healthy. In order to do that, we are taking extra steps to ensure your safety.**

Each patient may have *two* consistent support persons present during labor and birth. It is important that your support persons:

- ❖ Have been feeling well for the past 2 weeks
- ❖ Have been self-isolated for the past 2 weeks
- ❖ Wear a MAH provided surgical mask during the entire hospital stay
- ❖ Stay with you at all times in your hospital room, unless asked to separate from you for a medical procedure
- ❖ Clean their hands often and do not touch their face

Following delivery, *one* consistent support person will be allowed to remain with the patient during their postpartum stay.

- ❖ This support person will receive the second baby band.
- ❖ No exchange allowed of the support person who will stay with the patient for the duration of their stay
- ❖ This support person should plan to stay throughout the entire hospitalization. If they must leave for any reason, they may return as a “visitor”, following the recently updated Inpatient Visitor policy.

Highlights of the updated Inpatient Visitor policy:

- ❖ Inpatients may have one visitor per day, between the hours of 12-2pm or 5-7pm.
- ❖ Visitors must wear a MAH provided surgical mask, fully covering their nose and mouth at all times
- ❖ Visitors must remain in the patient’s room at all times, unless otherwise instructed by staff
- ❖ Visitors may not eat or drink in patient rooms
- ❖ Visitors should practice social distancing (at least 6 feet) while in the hospital
- ❖ Children under the age of 18 are not allowed to visit, unless they are visiting a parent or sibling and are at least 12 years of age. Children under age 12 are not allowed to visit due to infection control risk.

When you arrive on Labor and Delivery, please bring all your necessities, *including a car seat*, with you. We will provide meals for you and one support person.

We encourage all patients even if feeling well to be tested for COVID 19. In case of a scheduled admission (for example a planned cesarean delivery or induction of labor), your primary obstetric provider’s office will arrange for you to have COVID 19 testing scheduled in an outpatient (ambulatory) testing site a few days before arrival to Labor and Delivery. If you are not delivered by your due date, your providers office will also make arrangements for you to have COVID testing performed. However, most people will have testing performed when they come to the hospital and the decision is made for admission. Testing for COVID-19 is performed by inserting a sterile swab into the back of the nasal (nose) passage. The swab can cause brief discomfort. Results may take up to 24 to 48 hours to return.

During your stay in the hospital, all patients and support people will be asked to wear a MAH provided surgical mask. You will also notice that all providers and staff will wear a mask and eye protection. If you have symptoms of COVID-19, your COVID-19 test is positive, or your medical needs otherwise require additional protection, healthcare providers may also wear **gowns and gloves**. If you test positive for COVID-19, we will provide you and your family with additional information about the disease and how to stay healthy and lower the likelihood of transmission to your baby and others.

We know that our care for you may look different than it has before, but we assure you this is needed for your safety, the health of your baby and your family, and for the protection of all patients and staff of Mount Auburn Hospital. Thank you for understanding.

Please discuss and questions or concerns you have with your obstetric provider. We look forward to caring for you in the near future.