

What to Expect During My Delivery at Inova

Inova is safely leading the way to bring your little one, or ones, into this world. We are fully prepared for the current COVID-19 pandemic and continue to implement all infection prevention and control measures established by the Centers for Disease Control and Prevention (CDC) and state/local health agencies to provide the safest care environment. We'd like to tell you a bit more about your stay.

Admission and Visitation

All OB patients are tested for COVID-19 prior to delivery to ensure patient and team member safety. The results of this test help limit the spread of COVID-19 to your family and others in your community.

You are allowed to have one support person with you. Please bring extra clothing and snacks as your support person will be encouraged not to leave the hospital. They are allowed to leave the room and go to hospital eateries. Your support person will be screened for symptoms and given a mask upon entry, which they must wear continuously during the hospital stay when in the presence of others. Your support person will not be allowed to enter the hospital if they screen positive for the virus.

COVID-19 Patients (Confirmed/Under Investigation)

You and your support person will **wear masks** when in the presence of others and remain in the room at all times with the door closed. In-room meals will be provided as neither of you are permitted to exit the room.

Your care team will wear masks, gowns, gloves and eye protection (known as PPE). Per CDC recommendations, **your baby will be maintained with at least a 6 feet distance from you after birth.** The separation helps to protect your baby from COVID-19

- CDC data is not clear on if pregnant women with COVID-19 pass the virus to the baby during the pregnancy or delivery.
- Your support person (if symptom-free) can provide care for your baby while wearing personal protective equipment with at least 6 feet of separation from you.
- Your support person will not be allowed to visit with you if providing care to your baby in a separate room or in our Neonatal Intensive Care Unit.

The **decision to breastfeed** or use expressed breast milk should be determined by you and your doctor. Breast milk gives your baby protection against many illnesses and is the best source of nutrition for most infants. You will be supported to pump your breast milk if feeding your infant is not possible. Prior to expressing breast milk, you will wear a procedural mask and practice breast and hand hygiene.

For more information: inova.org/covid19