

What to Expect During Your Delivery at Inova July 15, 2020 – COVID-19 Update

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 follow the infection prevention and control measures established by the Centers for Disease Control and Prevention (CDC), as well as state and local health agencies, to provide the safest care environment for you and your baby. Below are some highlights of how we plan to keep you and your baby safe during your stay.

Admission and Visitation

All patients, visitors, and staff are screened for COVID-19 symptoms prior to entering an Inova hospital, and must wear face coverings while in Inova care sites.

All Labor and Delivery patients are tested for COVID-19 before delivery to ensure patient and team-member safety. If you have a history of a positive COVID-19 test, please talk with your obstetrician about whether additional testing is necessary. Test results allow us to provide the best care for you and your baby and limit the spread of COVID-19 to your family, our staff and the community.

Inova's visitation policy limits all Labor and Delivery patients to one support person for the duration of a hospitalization. Professional doulas are allowed for COVID-19-negative patients as an additional support during the labor-and-delivery stage of your hospitalization. We ask that doulas provide verification of qualifications and have no symptoms of COVID-19.

You and your support person will be asked about any COVID-19 symptoms and given a mask upon entry, which must be worn while in the hospital when in the presence of others. Your support person will not be allowed to enter the hospital if the individual has symptoms of COVID-19. If they do have symptoms, you will be able to choose someone else to be your support person during your hospitalization.

We strongly recommend that your support person be prepared to stay with you throughout your hospitalization without leaving the hospital by bringing extra clothing, snacks and other essential items. If you are COVID-19 negative, this person will be able to leave your room to access dining areas.

Protocols for COVID-19-Positive Patients (Confirmed or Under Investigation)

If your test comes back positive for COVID-19 or hasn't come back yet, the care team will wear masks, protective gowns, eye protection and gloves (known as personal protective equipment or PPE) while providing your care.

- You and your support person **must wear masks** when in the presence of others and will be asked to remain in the room with the door closed.
- Since you and your support person will be staying in your room for the duration of your stay, in-room meals will be provided to you both.
- The CDC recommends **your baby be maintained at a minimum of six feet of distance from you after birth.**
 - This separation helps to protect your baby from being infected with COVID-19.
 - The decision to remain distanced from your baby is one made by you in

- partnership with your care team.
- Many people who test positive do not have symptoms. We will do everything possible to keep your baby safe if your test is positive.

CDC data suggests there is a low rate of babies who get the virus from their mother during delivery.

- **If you test positive for COVID-19, we will offer to test your baby at 24 hours after birth and again at 48 hours if the first test was negative and if you and your baby are still in the hospital.**
- Your support person (if symptom-free) can provide care for your baby while wearing PPE.
- If you decide to physically separate from your baby, your support person will not be allowed to visit with you if providing care to your baby in a separate room or if your baby is 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. Prior to breastfeeding or expressing breast milk, you will wear a procedural mask and practice hand hygiene.

We learn new things about COVID-19 daily and are committed to providing you the safest delivery experience possible. Please check our website for possible changes as you get closer to your due date.

For more information visit inova.org/covid19 and inova.org/safeatinova