

What to Expect During a Childbirth Stay at Inova

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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

Your companions must exhibit no COVID-19 symptoms and will be given a mask upon entry, which they must wear continuously during the hospital stay. Visitation policies are subject to change. Please check [women's visitation policies](#) regularly.

COVID-19 Patients (Confirmed or Suspected)

You and your companion will wear masks and remain in the room at all times with the door closed. In-room meals will be provided.

Please bring extra clothing and snacks as your companion will be encouraged not to leave the hospital. Your companion is allowed to leave the room and go to hospital eateries.

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 six feet distance from you after birth.** The separation helps to protect your baby from COVID-19.

- When providing care to your baby, we ask that you wash your hands, wear a mask and have clean clothes.
- Your companion (if symptom-free) can provide care for your baby while wearing personal protective equipment with at least six feet of separation from you.

The decision to breastfeed or use expressed breast milk is your decision. 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 breastfeeding 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](https://www.inova.org/covid19)