

# Having a baby during COVID-19



## What to expect

When you arrive at the hospital, you and your support person will be asked a few questions and have your temperature taken to screen for symptoms of novel coronavirus (COVID-19). You'll notice staff, patients and visitors are wearing masks in the hospital for everyone's protection.

Those taking care of you may also wear face shields, gowns and gloves. Plan to wear a mask at all times. You can bring a mask with you from home, or we can provide one for you.

## COVID testing

Whether or not you are tested for COVID-19 will be recommended on a case-by-case basis. Your provider will make a recommendation for you based on your symptoms and history of exposure.

Talk with your provider if you have questions, or if you are concerned you might have been exposed to the novel coronavirus.

**If you test positive:** If you have COVID-19, your care team will explain the most up-to-date recommendations from the Centers for Disease Control and Prevention (CDC) and how we will protect you and your baby. Anyone with a suspected or confirmed infection will be kept in isolation, which means you might be in a different area of the hospital and kept separate from other patients.

In most cases, mother and baby will stay together in the same room. Your care team will discuss the risks and benefits with you to help you make this decision. If you choose to have your baby in your room, our care team will work with you to take measures that minimize the risk of transmitting the virus to your baby, such as wearing a mask and practicing hand hygiene. Having COVID-19 does not affect the mode of delivery (vaginal versus cesarean) or your choice of pain control.

## Safety

At OSF, safety is always our top priority.

*Our increased safety precautions include:*

- Increasing the frequency of cleaning and disinfecting
- Screening all patients, visitors and Mission Partners, and separating those who may be contagious from others
- Requiring face masks in all OSF facilities

## Support persons

For everyone's safety, visitors are limited during this time. You should plan to designate one support person to stay with you before, during and after delivery.

We recognize the important role your loved ones play during this important time in your life. While we may not be able to welcome all of your family and close friends in our facility, we want to help you feel as connected to them as possible. Your care team can share your options to stay connected with friends and family who cannot be physically present.

