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*COVID-19 Interim Guidance*

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## Women's Health Visitation Guidelines During COVID-19 Pandemic

### Patients *without* suspected or confirmed COVID-19 diagnosis

- Patients without suspected or confirmed COVID-19 will be allowed one (1) designated support person to stay with them during labor and delivery and in the Mother Baby Unit. The support person will be required to:
  - Undergo screening for exposure or symptoms of COVID-19 at point of entry.
  - Wear a mask that covers their mouth and nose for the duration of their stay, upon entering the building and daily.
  - Sanitize hands when entering or leaving patient's room.
- Patients and/or visitors without suspected or confirmed COVID-19 must follow the established Nursery protocol for visitation.

### Patients *with* suspected or confirmed COVID-19 diagnosis

#### Labor and Delivery

***CDC guidance recommends that patients in labor have support during labor and delivery to promote well-being.***

- COVID-19 positive or Person under investigation (PUI) patients in Labor and Delivery (L&D) are limited to **one** essential support person to provide emotional support and assist with coping during the labor and delivery.
  - The support person permitted to L&D should be screened for symptoms of COVID-19 but should not be allowed entry if fever or other symptoms are present, if positive for COVID-19 or considered a PUI.
- Staff must inform support person about use of masks and about appropriate use of personal protective equipment according to our current visitor policy.
- The support person must adhere to the following protocol:
  - Sign a waiver releasing Chesapeake Regional Healthcare (CRH) of any liability should they become COVID positive.
  - Always remain in the patient's room and refrain from visiting any other location within the facility including the gift shop, cafeteria and newborn nursery. Staff will arrange meal trays for the support person.
  - Adhere to all infection prevention practices, including PPE and hand hygiene.

Reference: "Considerations for Inpatient Obstetric Healthcare Settings:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/inpatient-obstetric-healthcare-guidance.html>

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- Provider and RN must educate patient and support person on infection prevention practices, disease transmission, hand hygiene and mask protocols.
- If the support person develops signs of COVID-19 symptoms, they will be required to leave the facility immediately.

### Mother/Baby Unit

- COVID +/-PUI patients are not permitted to have support persons during their hospital stay. It is important that the support person remain healthy and COVID-19 free in order to assist with care when mother and baby return home.
- Use of alternative mechanisms for patient and visitor interactions, such as video-call applications, will be encouraged to communicate with family and friends and assist with emotional support after delivery.

### Nursery

**COVID positive/PUI mothers or visitors are *not* permitted in the Nursery.**

### Mother/Visitor with confirmed COVID-19 diagnosis

- COVID positive persons will not be permitted to the Nursery until the end of the recommended CDC duration of isolation period as outlined below:
  - At least 10 days\* have passed since symptom onset **and**
  - At least 24 hours have passed since resolution of fever without the use of fever-reducing medications **and**
  - Other symptoms have improved.

*\*A limited number of persons with severe illness may produce replication-competent virus beyond 10 days that may warrant extending duration of isolation for up to 20 days after symptom onset. Consider consultation with infection control experts.*

- If a COVID positive mother is discharged and breastfeeding, Nursery staff must follow established protocol for obtaining and storing expressed milk.

### Mother/Visitor who has been in close contact with someone with COVID-19 (PUIs)

- The mother/visitor should quarantine themselves after their last contact with the person who has COVID-19. Any mother/visitor who is considered a PUI will not be permitted into the Nursery until the end of the recommended CDC quarantine period\*\* as outlined below:
  - After day 10 without testing.
  - After day 7 after receiving a negative test result (test must occur on day 5 or later).

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<https://www.cdc.gov/coronavirus/2019-ncov/hcp/inpatient-obstetric-healthcare-guidance.html>

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*\*\*Note: CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. Individuals should continue to monitor for signs or symptoms of COVID-19 for total of 14 days after exposure.*

***Exceptions to this guidance will be evaluated on a case by case basis.***

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<https://www.cdc.gov/coronavirus/2019-ncov/hcp/inpatient-obstetric-healthcare-guidance.html>  
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