

# Birth Center Support Person Guidelines

During the COVID-19 outbreak, our commitment is to continue to offer expectant mothers and babies exactly what they deserve: expert guidance, top-level safety, exceptional care, respect, and empathy. To provide the safest environment for expectant mothers, babies, support people, and our staff, we have created support person guidelines to help expectant mothers know what to expect during their labor, delivery and hospital stay.

**COVID-19 NEGATIVE PATIENTS\*:** Two support people may be present during labor and vaginal delivery. Only one person may be present during the entire hospital stay. The second labor support person will be asked to leave the hospital two hours after the birth of the baby. In the event of a Cesarean birth, only one support person is allowed in the operating room.

**Please note:** A doula is considered a labor support person. Both support people must be over 18 years old (or by compassionate exception).

**COVID-19 POSITIVE PATIENTS/ PATIENTS with NO TEST RESULT on file (This includes patients with pending tests and those that decline testing):** Only one support person may be present during the entire hospital stay.

**PROLONGED ADMISSIONS BEFORE DELIVERY (ANTEPARTUM):** When patients are admitted to the hospital for an extended stay before delivery, only one support person may be present during the antepartum hospital stay. During labor and vaginal delivery, a second labor support person may be present.

## SUPPORT PERSON GUIDELINES

1. Upon hospital arrival, you and your support person(s) will have a wellness check. This includes answering a few questions. During your hospital stay, if you or your support person(s) experience any COVID-19 symptoms, please let your nurse know. If your support person(s) develop symptoms, he or she will need to leave the hospital.
2. Masks for you and your support person(s) are required during your hospital stay. Please bring masks from home or masks will be provided. Masks **must** be worn when a hospital staff member enters your room or when you or your support person(s) are outside of your room.
3. For your safety, you and your support person(s) are strongly encouraged to stay in your room during your hospital stay. If you tested positive for COVID-19, your support person must stay in your room.

**Please note:** In the event your support person is not able to stay, an alternate support person may join you. Your new support person will need to follow the same guidelines as mentioned above.

*\*Patients on non-maternity units, should follow unit-specific visiting guidelines*