

## **Notice to all people planning childbirth at Southlake Regional Health Centre during the Novel Coronavirus Pandemic (COVID-19)**

From the leaders of the Maternal Child Program of Southlake Regional Health Centre

March 19, 2020

This notice is to inform you of important changes to the visitor policy of Southlake effective immediately.

Extraordinary measures are required during this pandemic in order to ensure the safest possible environment for you and your family. We must also protect and reduce the risk of infection for all of our staff in order to continue to serve the community.

Effective immediately all people coming into the hospital patients and visitors or support people will be **screened for risk** of COVID-19 by questionnaire.

### **For Pregnant People who screen positive**

If you require urgent services of the Birthing Unit or Southlake Prenatal Clinic you will be provided with personal protective measures, including masks, and escorted to the Birthing Unit.

If your visit is not urgent you will be asked to call your obstetrical care provider (doctor or midwife) for further instructions.

**If you are visiting the hospital because you are concerned that you have symptoms of COVID-19 (cough, fever, flu-like illness) and you have no pregnancy concerns, you should be seen at the Southlake COVID-19 Assessment Unit adjacent to the Emergency Department.**

### **For partners of pregnant people**

Only **one** support person (spouse, partner, or other) at a time is permitted to attend the hospital with a labouring patient. This means that for labour support **ONLY** one person is allowed. The support person must screen negative.

**If your primary support person has a positive screen, is on quarantine or has a confirmed or suspected COVID-19 infection, they will not be allowed to come into the hospital.**

Currently all people who have been outside of Canada are recommended to be on quarantine for 14 days after return. That will mean they are not allowed in the hospital.

The support person must stay with the labouring patient for the duration of her stay, and the following criteria is met:

- Mother is in a private room
- Support person does not leave this room, including for food or to smoke

If the support person leaves the hospital for any reason they will not be permitted to return until mom is discharged. Please refer to the [list of what to bring with you on Southlake's website](#) and ensure you bring everything you need, including a car seat, so there is no need to leave the room.

For paediatrics (children in hospital) only one parent visitor at a time. Exceptions may be made for paediatric patients who need daily support of two caregivers (e.g. children with special needs). All visitors must be screen negative.

### **In Summary:**

These are unprecedented times, and our top priority is the safety of all the people who entrust us with the care of their pregnancies and their children. We are sympathetic to the disruption and disappointments that these measures will impose on families. However, they are absolutely necessary so that we can minimize risk to all of our patients and our staff.

From Leadership Team of the Maternal Child Program

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### **Are you feeling unwell with any of the following symptoms?**

- Fever, new cough or difficulty breathing (or a combination of these symptoms)?
- Muscle aches, fatigue, headache, sore throat, runny nose or diarrhea? Symptoms in young children may also be non-specific (for example, lethargy, poor feeding).

### **Or have any of the following:**

- Have you travelled outside of Canada in the last 14 days?
- Does someone you are in close contact with have COVID-19 (for example, someone in your household or workplace)?
- Are you in close contact with a person who is sick with respiratory symptoms (for example, fever, cough or difficulty breathing) who recently travelled outside of Canada?

