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## Recommendations, Restrictions and Visitor Guidance for Patients who are COVID-19 Positive or Under Investigation (PUI)

- Upon arrival to the hospital, you and your visitor will be asked a series of questions and screened for symptoms of illness. Inform the screener **immediately** that you are COVID-19 positive or are a PUI. You and your visitor must always wear a mask. Enter with a mask on. If your visitor has a temperature or has symptoms of COVID-19 they will not be allowed to stay. Make sure you bring a Healthy caregiver with you!
- As a reminder, you will only be allowed 1 visitor/caregiver that can stay with you during labor, delivery and the postpartum period. Family members CANNOT swap in and out. If your visitor leaves the facility, they will not be allowed back in, and no other visitor may come. You **may** be under **Strict Isolation depending on timeframe of symptom onset, severity or presence of symptoms, length of time since receiving positive results, and presence of fever in past 24 hrs.** You and your visitor will have to wear a mask during the entire hospital stay. After the baby is born, the caregiver will also have to wear a clean gown covering their clothes and clean gloves each time they provide direct care to the infant. Caregiver/Visitor will NOT be allowed to leave the room.
- The hospital will provide your visitor 3 meals per day. We suggest bringing snacks and drinks, if desired since your visitor cannot exit the isolation room.
- Your visitor needs to bring a bag with enough personal necessities to last 2-3 days.

- Skin to skin contact after delivery is not recommended for COVID-19 positive patients or PUI who are **on Isolation precautions** due to the increased chances of infecting the baby. Baby will be bathed ASAP, once stabilized.
- Breastmilk is recommended for most newborns, including those born to mothers who are COVID + or PUI. Currently, there is no evidence that COVID-19 is passed from mother to baby in breastmilk. Although direct breastfeeding is discouraged **while in Isolation**, pumping and expressing breastmilk and having your caregiver feed the baby is a very good idea. Carefully clean your breasts and hands before expressing milk. If you choose to direct breastfeed, wear your mask and wash hands thoroughly for 20 seconds or use alcohol-based hand sanitizer before feeding.
- Unless you request that your baby be separated from you after delivery, the baby will remain in your room. Baby must be at least six feet away from you and will most likely be in an isolette (incubator). The baby will be tested for COVID-19 once he/she is 24 hours old, and again at 48 hours of age, if still in the hospital.
- If you choose separation for safety or if the infant needs NICU care, you **will not be able to visit the Nursery/NICU until at least 10 days have past since onset of symptoms- with improvement of symptoms, and No fever for 24 hrs without the use of medication to reduce fever. In the case of mothers who have tested positive but have NO symptoms, at least 10 days have passed since the + test result. The exposed maternal caregiver cannot visit inside the Nursery if the mother was on Isolation. These rules are to** protect healthy newborns who must come into the nursery area. Infant will remain in the Nursery/NICU isolation area until COVID-19 test results are negative or infant is discharged home.
- A non-maternal caregiver who is not a PUI, has no symptoms of COVID-19 or tested negative for COVID-19, and has NO KNOWN exposure, may assist in care of the COVID negative newborn while in NICU, if mother/father cannot visit due to reasons stated above.

- Routine procedures such as circumcision can still be performed.
- If the newborn remains without symptoms of COVID-19, even if they also test positive, they may be discharged home on a case-by-case basis with appropriate precautions (6 feet away, masks for you and caregiver, good hand hygiene) and plans for frequent Outpatient follow up through 14 days after birth.
- Mother and Infant precautions should remain until you are without fever for 24 hours without the use of Tylenol/Ibuprofen **AND** at least 10 days have passed since symptoms appeared, **and** symptoms are improving.

**These recommendations and restrictions are based on the latest information we have from the CDC, the American College of Obstetricians and Gynecologists and the American Academy of Pediatrics. The information changes frequently. We will do our best to provide you with the most up-to-date recommendations. Continue to ask questions and keep yourself informed of this ever-changing issue.**