

## COVID-19 Testing at the Hospital for Delivery

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The coronavirus (COVID-19) outbreak has changed our lives in many ways. The virus spreads very easily, and many people are getting infected. Most of these people are fine, but some get very sick. You can have the virus without knowing it. This is because after being infected it takes a few days for the symptoms (such as a cough or fever) to appear. You might never show symptoms, but you can still give the infection to other people.

We want to keep our patients, their families and our healthcare workers safe and reduce the spread of this virus in our communities. To do this, **it is important for all patients to be tested for the virus when they come to the hospital for delivery.**

### **What happens when I get my results?**

**If you test negative:** no more testing will be required.

You can:

- Have 2 support people with you, they must each wear a mask at all times.
- Use nitrous oxide for pain relief.
- Have the option of water birth (if planned prenatally).
- Have the option of postpartum tubal ligation (if planned prenatally).

In addition, your baby will **not** have to be tested for COVID-19.

**If you test positive:** we will take these steps to keep you and your family safe:

- 2 support people may stay with you during your admission.
  - Your support people will need to stay in your room and should not come and go.

- They will have to pass a health screen. It is very important that you do not infect others, so your support people will wear personal protection equipment like a face mask.
- When your baby is born, we will recommend that your baby stay with you.
  - To lower the chance of passing the infection to your baby we will recommend that you distance from your baby when it is possible.
  - It will be important to use good hand-hygiene (wash or sanitize often, try not to touch your nose or mouth) and wear a mask while you care for your newborn.
- Breastfeeding is healthy for moms and newborns. If breastfeeding is your preferred method of feeding, we will help and support you to breastfeed your newborn.

We are trying to do everything possible to keep you, your baby, and your whole family safe during this difficult time. Please ask us any questions.

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