

## DELIVERY FAQs

### How will COVID-19 impact my delivery? (Answers from experts)

COVID-19 is a new disease and we are still learning how it spreads. Stay informed with the latest health information per the CDC: <https://www.cdc.gov/>. COVID-19 and pregnancy specific information may be found here: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>.

Please refer to our hospital website as guidance frequency changes.

### Q: Is it safe for me to come to the hospital to give birth?

A: Our hospitals are the safest place to give birth. Extensive precautions are taken with every patient to prevent the spread of infection. Our staff are trained on how best to prevent infection, as well as to be able to provide the labor support and guidance you need during your birth. In addition, we are prepared to respond to any complications that may occur during labor and birth for both healthy women and those that have higher-risk pregnancies.

We are taking every precaution to ensure that both our staff and patients are protected. While much is still being learned about COVID-19, the health and safety of our pregnant patients is and has always been our top priority. Every birth is unique and we will continue to ensure a safe environment for the most important moments in a mother's life.

Before you arrive at the hospital, we want to make you aware of a few additional precautionary steps we are taking at this time. We have a number of screening questions in place for all patients and visitors before entering the building. Again, this is precautionary and helps maintain the safety of all involved, and limits the spread of any potential infectious illnesses.

Please refer to the [Medical City Healthcare website](#) for further information.

### Q: How will my birth experience be different if I have tested positive for COVID-19?

A: If you are (or potentially could be) COVID-19 positive when you deliver, your facility will implement the latest CDC guidance to ensure you and your baby are safe. Know that the hospital is still the safest place for you to deliver your baby.

### Q: If I am scheduled for an elective induction and have a fever, can I still have my baby?

A: Contact your healthcare provider for guidance. Your safety is our top priority.

### Q: Will I be able to have a support person with me during labor?

A: Please refer to the Medical City Healthcare website for policy specifics.

For the health and safety of all, we have restricted non-essential visitors. Laboring moms/new moms may still have one birth partner (aka your visitor) while you are in the hospital with us. It will need to be the same visitor the whole time you

are with us. This is to prevent the number of people in and out of the rooms and exposure. For the safety of mom and baby, a support person may not be COVID-19 positive.

All visitors are screened daily, and if any visitor screens POSITIVE for respiratory illness, he or she will not be allowed to enter the hospital. Therefore, if your birth partner has had known exposure to a lab-confirmed COVID-19 patient and/or is showing any signs or symptoms of COVID-19, please find another birth partner to join you on this journey.

Doulas are not allowed at this time. For the health and safety of all, we have restricted non-essential visitors. Laboring moms/new moms may still have one birth partner (aka your visitor) while you are in the hospital with us. It will need to be the same visitor the whole time you are with us. If you would like a doula to support you during your labor and delivery, they will be considered your one birth partner (visitor).

Doulas and their clients have been getting very creative about working together remotely via FaceTime or Zoom. In addition, many doulas have been working with their clients prior to labor to help them prepare for the birth process.

**Q: Can I FaceTime during my labor or use another app?**

A: We know this is an important experience to share with family. We encourage you to use your personal device and connect with loved ones not able to be with you in the hospital. If your support person is feeling under-the weather or you want a 2nd support person, you can FaceTime with them through your own device (no video).

**Q: I have other kids—what do I do about them when I am in the hospital?**

A: Children are not allowed in the hospital at this time. It is important for you to make safe childcare plans for your children, as well as backup plans in case the person you had planned to watch your children gets sick.

**Q: What plans should I make now in case the hospital system is overwhelmed when it is time for me to deliver?**

A: We are constantly updating our hospital procedures to continue offering a safe environment for your birth experience. Please refer to the [Medical City Healthcare website](#) for the most up-to-date policies.