

# Ocean Grove Midwifery

Birth at the Campbell River Hospital During COVID-19

What to currently expect during the unexpected.....



*Please recognize that protocols and policies are continuously changing and that this information may have changed before your labour/birth experience! Your midwife will support and prepare you as much as possible.*

## **Planning for Birth During COVID-19**

- ◆ Prior to birth consider your one support person who will stay with you during the duration of your hospital stay as they are not able to come and go
  - ◆ Prior to the birth you may also consider one additional support person who can be present for the birth but is required to leave upon the transition to postpartum care (2-4 hours postpartum)
- ◆ Have additional plans in place in case one of your support people are unwell during the birth experience
  - ◆ The same policies are in place for home births
- ◆ Please ensure you have plans (and backup plans) for childcare at home during your hospital stay
- ◆ Please find the virtual tour of the maternity ward at: <https://www.youtube.com/watch?v=FhLp9SF24e8&feature=youtu.be>
- ◆ Plan and pack accordingly to your/your partners needs as coming to and from the hospital is prohibited
- ◆ Snacks and drinks brought from home are suggested: Each room has an individual fridge. Meals are currently provided in hospital for you and one support person.



## The Birthing Experience During COVID-19



- ◆ Masks – all support people and care providers are required to wear masks during the birthing experience – masks are provided
- ◆ Walking hallways of the hospital is currently not possible
  - ◆ It is suggested that you consider and communicate your desired method of announcing the baby prior to the birth
- ◆ Updating family members is a personal choice, however, no visitors are permitted including additional children
- ◆ Consider assigning a support person to take photos/videos as additional photographers are not permitted
- ◆ Additional Doula's are not permitted (unless they are one of the 2 support people)
- ◆ Water, ice, and popsicles are provided by the hospital
- ◆ Essential drop-offs at the front entrance can be picked up and arranged by the support person

## Bringing Baby Home During COVID-19

- ◆ It is recommended that you educate yourself regarding BC's current COVID-19 protocols to best keep your newborn and family healthy during these uncertain times
- ◆ Frequent handwashing for parents and all visitors is suggested
- ◆ Consider mask wearing for all visitors in your home
- ◆ Please do not have additional visitors in your home during home visits
  - ◆ Masks are not for newborns
- ◆ A gentle reminder that what you choose is best for your family's health should be communicated and respectfully understood by others

