



## Obstetrics COVID-19 Visitor Policy Frequently Asked Questions

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### **What is the current visitor policy?**

Due to the COVID-19 pandemic and related patient safety concerns, we are taking precautions to ensure the safety of our patients, support partners and staff. One healthy support partner is permitted on the Labor and Delivery Unit as well as the Postpartum Unit for all patients who are admitted for delivery. In addition, a doula may be present for the birthing process.

The patient, support partner and doula will be screened for symptoms of COVID-19 when they enter the hospital. If the support partner or doula is deemed unhealthy (either by symptoms or COVID-19+ test), they will not be permitted into the hospital. Doulas must present evidence of Birth Doula Certification in order to enter the hospital. Support partners and doulas who are free of current COVID-19 symptoms will be deemed healthy and permitted on the Labor and Delivery Unit after the patient has been admitted. The support partner and doula will be required to wear personal protective equipment (PPE). During a cesarean delivery, the support partner will be allowed in the operating room.

Anyone deemed to have symptoms of COVID-19 will not be permitted on the Labor and Delivery Unit. These precautions are to ensure that a safe environment is maintained for all of our patients, support partners and staff.

You are encouraged to arrange for a second support person, who can be available in the event that your support person is not able to be present on the Labor and Delivery Unit due to screening and/or COVID-19 test results. Your obstetric provider will discuss these options with you. As always, a member of our team is available to provide labor support.

### **Will my support partner and I receive COVID-19 testing? Will my doula receive testing?**

Patients with a scheduled cesarean delivery, induction, or other procedure, will receive COVID-19 testing one day prior to admission. Each patient with a scheduled procedure will receive a phone call with information regarding an appointment time for testing. You will receive symptom screening for COVID-19 when you arrive at the hospital on the day of your procedure.

Support partners of patients with a scheduled procedure will also receive a phone call with an appointment time for COVID-19 testing. Patient and support partner appointments will be scheduled at the same time.

Doulas will be tested for COVID-19 one day prior to admission for scheduled inductions. When you are called to schedule your own COVID-19 test prior to admission, please notify the caller regarding your desire to have a doula present. The caller will need the doula's contact information.



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Location for COVID-19 testing for obstetric patients with scheduled procedures at Mount Sinai Hospital and Mount Sinai West:

**Mount Sinai Hospital Tent Ambulatory Center**

1190 Fifth Avenue (North Gate entrance on Fifth Avenue)

New York, NY 10029

Location for patients with scheduled obstetric procedures at Mount Sinai South Nassau:

**Mount Sinai South Nassau Family Medicine Center**

196 Merrick Road

Oceanside, NY 11572

If you do not have a scheduled procedure and arrive at the hospital for evaluation on the Labor and Delivery Unit, you, your healthy support partner and doula will receive testing if you are admitted.

**What will happen following delivery?**

If your support partner remains healthy, they will be permitted to stay with you during your recovery on the Labor and Delivery Unit and go with you to the Postpartum Unit when you are ready. While in Labor and Delivery, your partner should remain on the Unit until after your delivery. If your partner leaves the hospital, they will not be permitted back on the Unit. Once you are transferred to the Postpartum Unit, your partner may leave and return to the hospital.

**How will my newborn and I be kept safe while in the hospital?**

We are committed to ensuring the safety of you, your support partner and your newborn. In addition to our screening procedures and COVID-19 testing for patients, support partners and doulas, all healthy support partners and doulas will be required to wear personal protective equipment and requested to stay in the patient room, except during hospital entry and exit. Within our hospitals, health care workers are utilizing the appropriate personal protective equipment in all areas.

**What if I test positive for COVID-19? What happens after leaving the hospital?**

You will be provided with instructions regarding the recommended care for you and your newborn while in the hospital. When you are discharged from the hospital you will also receive written instructions with information on caring for you and your newborn when you return home.

There are many resources for information and recommended care for patients with COVID-19. The Mount Sinai Health System provides valuable information which can be found at this site:

<https://www.mountsinai.org/about/covid19/faqs>



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The best resource for information on COVID-19 is the Centers for Disease Control and Prevention (CDC). Comprehensive information can be found at this site:

[https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsteps-when-sick.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsteps-when-sick.html)

### **What if my support partner tests positive for COVID-19?**

If your support partner tests positive for COVID-19, your obstetric provider will discuss options with you and your support partner. We will work with you to make every effort to ensure that you have a healthy support person available for you.

There are many resources available with information regarding COVID-19 guidelines as outlined in the answer above.

### **Is there support available if I have questions or concerns?**

Yes, we are here for you. Please feel free to contact your obstetric provider for any questions or concerns. In addition, our Obstetric COVID-19 Patient Support Team is available for you. You can contact us here: <https://redcap.mountsinai.org/redcap/surveys/?s=J4X97H3DPD>.