

Obstetrics COVID-19 Visitor Policy

Frequently Asked Questions

What is the current visitor policy on the Labor and Delivery Unit?

Due to the COVID-19 pandemic and related patient safety concerns, we are taking precautions to ensure the safety of our patients, support persons, and staff. Two healthy support persons (including a doula if applicable) may accompany each patient during their stay on the Labor and Delivery Unit.

The patient and support persons will be screened for symptoms of COVID-19 when they enter the hospital.

- Visitation will be limited to only the designated support persons.
- The support person(s) and/or doula will be required to wear the personal protective equipment (PPE) that will be provided.
- While on the Labor and Delivery Unit, the support persons should remain on the unit until after delivery, preferably within the patient's room. Once the patient is transferred to the Postpartum Unit, the support persons may leave and return to the hospital.
- During a cesarean delivery, due to limited space and seating, only one support person will be allowed in the operating room.
- Any support person deemed to have symptoms of COVID-19 or who has been diagnosed with COVID-19 in the previous 10 days will not be permitted on the Labor and Delivery Unit or Postpartum Unit.

Support persons and/or doulas who are free of current COVID-19 symptoms will 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 persons, and staff. As always, a member of our team is available to provide labor support.

What is the current visitor policy on the Postpartum Unit?

If the support persons remain healthy, they will be permitted to stay with the patient on the Postpartum Unit.

- All visitors **must be 12 years of age or older**; exceptions will be determined by the clinical team.
- **Visiting hours are as follows:**
 - **The Mount Sinai Hospital: 10 am – 6 pm, 7 days a week**
 - **Mount Sinai West: 11 am – 6 pm, 7 days a week**
 - **Mount Sinai South Nassau: 10 am – 6 pm, 7 days a week**
- Only one support person may stay overnight and remain on the Postpartum Unit with the patient until discharge.
- The other support person may visit during the hospital visiting hours.
- Visitors must stay in the patient's room throughout their visit unless they are asked to step out by hospital staff.
- **All visitors will be temperature and symptom screened in the Main Lobby** and receive a sticker with date of visit, indicating they have been screened for COVID-19 and approved for visitation.
- All visitors **must wear a surgical mask** during their visit. One will be provided, if needed.

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What type of room will I have on the Postpartum Unit?

Every effort will be made to have one patient per room; however on occasion due to hospital operations, there may be times when this is temporarily not possible.

What is the visitor policy for antepartum patients?

- One healthy support person may remain with the antepartum patient throughout their admission.
- The requirements for screening, PPE, and other COVID-19 safety precautions as outlined above are applicable.

Our visitor policy is based on the Mount Sinai Health System policy, which can be found here:

<https://www.mountsinai.org/about/covid19/patient-updates>

Will I receive COVID-19 testing?

Patients with a scheduled cesarean delivery, induction, or other procedure, must receive **COVID-19 testing within five days prior to admission**. Each patient with a scheduled procedure will receive a phone call with information regarding an appointment time for testing. Patients will receive symptom screening for COVID-19 when they arrive at the hospital on the day of their procedure.

Patients who present in labor or require admission to the hospital for medical reasons will receive **COVID-19 testing on the Labor and Delivery Unit at the time of admission**.

Will my support person and doula receive COVID-19 testing?

Support persons and doulas **will not be tested for COVID-19**, but must be without symptoms of COVID-19 when screened for COVID-19 symptoms upon arrival.

Exception*Please note the following regarding support person testing at Mount Sinai South Nassau only at the time of admission to the Labor and Delivery Unit:***

- Support persons will be screened for signs and symptoms of COVID-19. If screening is negative, COVID-19 testing will be performed for the support person.
- If initial screening is positive, the support person will be asked to leave the Labor and Delivery Unit and a healthy alternate support person will be able to stay with the patient during labor and delivery.



**Mount
Sinai**

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LOCATIONS FOR COVID-19 TESTING FOR OBSTETRIC PATIENTS WITH SCHEDULED PROCEDURES:

The Mount Sinai Hospital

Mount Sinai Hospital

1440 Madison Avenue

New York, NY 10029

Visiting hours: 10 am – 6 pm, 7 days a week

Mount Sinai West

Mount Sinai Doctors Ansonia

2109 Broadway, 2nd Floor

New York, NY 10023

Visiting hours: 11 am – 6 pm, 7 days a week

Mount Sinai South Nassau

Mount Sinai South Nassau COVID Testing Tent

2466 Washington Avenue

Oceanside, NY 11572

Visiting hours: 10 am – 6 pm, 7 days a week

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

We are committed to ensuring the safety of our patients, their support persons and their newborns. In addition to our screening procedures for patients, support persons, and doulas and COVID-19 testing for patients, all healthy support persons 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 happens after leaving the hospital?

Patients will be provided with instructions regarding the recommended care for them and their newborns while in the hospital. When they are discharged from the hospital, they will also receive written instructions with information on caring for themselves and their newborn when they return home.

What if I test positive for COVID-19?

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>

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