

Prenatal COVID-19 Information Sheet
Missouri Baptist Medical Center
3/20/2020

As if delivering a baby isn't intimidating enough, now you have the added worry about Coronavirus infection. The obstetrical team at Mo Bap is ready to help make your experience as safe as possible. In an effort to keep the risks of transmission for patients and providers to a minimum, we have instituted the following policies. Please contact your personal obstetrician if you have more detailed questions.

1. **Universal screening:** all individuals--patients and visitors—proceeding to OB Triage, Labor & Delivery or Postpartum will be screened on the first floor prior to riding up the elevator to the 3rd (or possibly 4th) floor of the D building. Screening includes:
 - a. Checking skin temperature
 - b. Asking about symptoms of fever, cough or shortness of breath
 - c. Asking about travel history
 - d. Asking about known COVID-19 exposure
2. **At-risk patients:** anyone with a fever of $\geq 100^{\circ}$ F or with cough or shortness of breath or with high-risk histories of travel or COVID-19 contacts,
 - a. Will be provided a yellow mask to wear at all times, even in labor
 - b. Will have a respiratory illness swab test done (the swab first rules out flu and other illnesses; if those are negative, then it tests for Coronavirus 19)
 - c. Will remain in a private room with the door closed and staff will wear protective equipment for all patient contacts
 - d. Visitors who meet the at-risk criteria will be asked to return home. Please have a backup person available to attend your delivery in case your significant other is sick
3. **Only 1 visitor:** unfortunately, we have to limit visitors throughout the hospital. We only allow one visitor with you during labor. If you have hired a doula but want your spouse present during the delivery, please advise the doula that you are being asked to cancel any services she intended to provide in the hospital. BJC currently has a policy of allowing 2 visitors for OB and pediatric patients but the Mo Bap leadership and Women's Care Consultants physicians feel this unnecessarily increases risks for our patients and new babies.
4. **No one under the age of 16 is allowed in the Mo Bap Facility:** the hospital policy prohibits children under 16 from entering the building because they have a higher likelihood.
5. **Waiting room closed:** all visitors, even healthy asymptomatic ones, will NOT be allowed to congregate in the waiting room or elsewhere on hospital grounds.
6. **The medical care remains unchanged:** whatever care you and your baby require will be provided with utmost professionalism and commitment. All the COVID-19 precautions are necessary to reduce the specific risk of spreading the virus; however, we will take care of patients the same way we always have.

7. **Baby's room:** After the at-risk patient delivers, her baby has 2 options for where to stay:
 - a. "Room In": mom wears her mask at all times, baby remains in mom's room but 6 feet or more from mom as much as possible, breast feeding moms will pump and the breast milk is fed to baby via bottle preferably by the significant other, a screen is placed in the room to provide a physical barrier between mom and baby.
 - b. Separation: mom has her own postpartum room, baby remains with dad or other family member in a different private room, pumped breast milk can be carried by lactation consultant or nurse staff from mom's room to baby's room.
 - c. If baby needs NICU care, a special NICU annex has been arranged to keep the babies of at-risk moms 6 feet apart with barriers between.
8. **Early discharge in healthy patients:** as long as you and your baby are doing well, we intend to discharge patients from the hospital to lower your risk of exposure:
 - a. Vaginal delivery: ONE day after birth
 - b. Cesarean section: TWO days after birth
9. **Evolving situation:** as we all know, the landscape of COVID-19 changes daily or hourly. These guidelines and policies are likely to change.
10. **All prenatal tours and classes are cancelled.** Please visit mobapbaby.com for details about Labor and Delivery and the OB services.
11. **Protect Everyone:** these policies are in place to protect both patients and staff. We know that if our highly trained team members fall ill, they will no longer be able to care for other patients for several weeks. This places a great burden on our community as a whole. Thank you for reducing their risk as well as your own.

Thank you for your understanding and cooperation during a very difficult and frightening time for all members of our community.

Women's Care Consultants