

A Letter to Our New Parents

You have a baby on the way, and that is wonderful – congratulations on this exciting new time in your life. It is a time that is to be celebrated and joyous. We know you probably have concerns given the situation with COVID-19. That is completely understandable, and we are here to help.

The safety of our new mothers and their babies in our Obstetrical Maternal Newborn Program is our highest priority. We want to ensure that your family is safe and healthy. We also need to keep ourselves healthy so we can care for all of the other families that come after you.

To ensure everyone's safety, we have put these new procedures in place. However, as the situation evolves, these restrictions may change. Please check back regularly and prior to coming into the hospital.

- If you think you need to come into the Birthing Unit, please call before arriving so that your support person can be identified in advance and both of you can be pre-screened for symptoms by phone before coming to the hospital. A care partner or support person who is displaying any symptoms of illness related to COVID-19 cannot enter the hospital. Your support person who screens negative may come into the hospital with you and will be permitted to leave and come back if needed. Doulas are welcome, in addition to a support person.
- If you are coming into the hospital for an appointment (for example: a physician's appointment or ultrasound), your support person may attend.
- You must enter the hospital through the Emergency Department. All patients and their one designated support person will be screened again for symptoms at the entrance.
- Everyone will be asked to wear a mask. If you do not have one, you will be provided with one. If you are wearing a cloth mask, you will be provided with a disposable mask. You will be permitted only ONE support person for the delivery and postpartum stay. Registered Doulas are permitted, in addition to a support person.
- Your support person should bring food, snacks, clothes, etc. that are needed for the duration of your stay. To avoid families ordering take out, we will be providing the support person with a meal from the hospital.
- For your convenience, the hospital has individual Birth Packs that include diapers, wipes, sanitary pads in two sizes and disposable mesh underwear that can be purchased at the hospital for \$20.
- A baby of a mother with presumed or confirmed positive COVID will remain with the mother as long as both the baby and mom are well. Mother will need to wear a routine barrier mask and perform hand hygiene when feeding or handling baby. The support person that is present to help provide care to the baby for the duration of the stay must be healthy. Babies that require Special Care will be cared for as needed in collaboration with CHEO.

We are in this with you. We will come out with a story to tell - one that your little one will learn about in history or health class. It will not be what you envisioned but it will be perfect in its own way and in its own time.

Rest assured - you are safe and your baby will be safe. We promise to make your experience as memorable as possible.

We are very excited to have the opportunity to meet your little addition.

A handwritten signature in blue ink that reads "L Heath".

Lynn Heath
Manager, Obstetrics and Emergency
Almonte General Hospital

- July 30, 2021