

COVID GUIDANCE LETTER

____ **COVID positive Mother**

____ **COVID at risk Mother**

Dear Mom,

Thank you for choosing Brookwood Women's Services to take care of you and your family. You are receiving this letter because you are COVID positive or are at risk for COVID. If you are infected with COVID, there is a risk that your baby may also become infected. We understand that the COVID issue places an emotional burden on you and your family. Our goal is to work with you as a Team to provide the best care for you and your baby!

BACKGROUND INFORMATION:

There is much we do not know about the COVID virus and how it affects you, your fetus, and your baby after delivery. At this time, research suggests that it is rare for a pregnant woman to pass the virus to her unborn baby during pregnancy and delivery. We do not know how many babies with COVID will get very sick and develop serious complications. An exposed baby could develop no infection, be an asymptomatic carrier, develop severe illness requiring hospitalization/intensive care, or even death. The data is not available for us to know what the best care is.

It is unknown if mothers with COVID can transmit the virus through breast milk. Limited studies indicate that the virus is not infectious in breast milk.

The major issue is that your respiratory secretions pose an infection risk after birth to your baby. When you breathe, talk, cough, or sneeze, the virus can be passed to others (including your baby). You can spread COVID to your baby, even if you don't feel sick. It is very important we take precautions to lower the chance of spreading the disease to your baby.

IF YOU TAKE PRECAUTIONS, the American Academy of Pediatrics (AAP) reports that the chances of passing the infection on to your baby is about the same whether you choose to room in or separate from your baby while in the hospital. However, if you are very ill or have significant symptoms, you should consider separating from your baby.

The American College of Obstetricians and Gynecologists (ACOG) and the Centers for Disease Control (CDC) recommend we review the pros and cons of separation from your baby after delivery vs. staying together after delivery and use "shared decision making" as you decide what is best.

If you choose to separate from you baby, your baby will be cared for in another room. If your COVID test(s) come back negative, you can be reunited with your baby in one room, together on the Mother Baby Floor.

If you decide to separate from your baby, a nurse may care for your baby or you may have a friend or family member stay with your baby. You may also have a separate friend or family member stay with you.

SUPPORT PERSON(S) CHECKLIST:

- ✓ Support person needs to wear a mask at all times
- ✓ No COVID symptoms (for Mom's Support)
- ✓ No COVID symptoms and no exposure to a COVID + person (for Baby's Support)
- ✓ Your support person for BABY cannot be the same person as the support person for you
- ✓ If either of your support persons becomes sick, you will need to select a different support person.
- ✓ Your support person(s) must be willing to accept that they may get COVID by taking care of you or baby
- ✓ Be willing to stay in the room with you and not come/go at will. (Visitors for baby can leave once and return the next day).

IF you choose to keep your baby with you, we ask you follow the precautions below:

Precautions for you:

- Wear a mask over your mouth and nose at all times.
- Wash your hands &/or use hand sanitizer before you touch your baby, your baby's clothing, blankets, crib, and before breastfeeding.
- Before breastfeeding or snuggling skin-to-skin with your baby- wash your breasts with soap and water and put on a clean gown.
- Keep your baby at least 6 feet away from you when you are not directly caring for your baby, or eating/ drinking.
- Your mask may fall off when you are asleep, so make sure the baby is at least 6 feet away from you while you sleep.
- If you do not feel well enough to care for your baby, please notify the nurse.
- If you have a cough that cannot be controlled, we recommend that you talk to your doctor or nurses about separating from your baby.

A Note About Going Home:

- Follow the same precautions you did while you were here in the hospital.
- You will follow these precautions for at least 10 days from your + test (or first day of symptoms), 24 hours without fever (without fever reducing medications), and all COVID symptoms are improving.
- If you never had symptoms but had a + COVID test, you will need to follow these precautions for at least 10 days from your + test.
- If you were just exposed to COVID, and have not been treated or have symptoms, you should follow these precautions for 14 days after you were exposed.
- If you are unsure of any of these instructions, please talk to you doctor.

I _____ have read the letter and asked questions and understand the potential infection risks to the baby and to the support person(s).

YOUR DECISION ABOUT YOUR BABY'S CARE:

_____ I choose to have my baby cared for in a separate room with a Nurse as the baby's caretaker.
initial

_____ I choose to have my baby cared for in a separate room with a Support Person as the baby's
initial caretaker. _____ has met the requirements to be the Support Person:

- Your support person must be willing to accept that they may get COVID by caring for your baby.
- Be asymptomatic (screen negative) and non-exposed to COVID
- Wear a mask
- Be the same person throughout the hospitalization and must be willing to stay in the room with the baby and not leave for meals, breaks etc.
- If the baby's support person leaves the room (to go home, to get food, walk around, etc.), they will not be allowed to return to the baby's room until the next day.

YOUR DECISION ABOUT YOUR CARE and YOUR SUPPORT PERSON

_____ I choose to have my baby room-in with me in the same room.
initial

_____ I choose to have a support person room-in with me. _____ has met the
initial requirements to be a support person:

- Your support person must be willing to accept that they may get COVID by caring for you.
- Be asymptomatic (screen negative) and non-exposed to COVID
- Wear a mask
- Be the same person throughout the hospitalization and must be willing to stay in the room with mom and not leave the room until discharge.
- If the support person leaves the room (to go home, to get food, walk around, etc.) - they will not be allowed to return to the mother's room throughout the hospital stay.

I am aware if my COVID test results "positive", my Health Care Team will re-discuss the increased infection risks to my baby and support person and recommend separation. I will again be given the opportunity to review, as above and choose my plan of care for my baby and support person.

Signatures:

Mother: _____ . Date: _____

Mother Support Person: _____ . Date: _____

Baby Support Person: _____ . Date _____

RN: _____ . Date: _____

Pediatrician: _____ . Date _____