Expecting Mother Exhibiting COVID-19 Symptoms: (Person Under Investigation) or confirmed positive for COVID-19 have 2 postpartum birth-plan OPTIONS after delivery, pending mother’s health.

**OPTION #1: ROOMING-IN (Promotes Infant Bonding)**
Recommended by World Health Organization (WHO)

- For obstetrical concerns after clinic hours or if you suspect you are in labor: Call Labor & Delivery, (209) 468-6460, and notify Labor & Delivery of the following information prior to arriving at the hospital:
  - Full Name
  - Date of Birth
  - Expectant Due Date and/or number of pregnancy weeks
  - Name of Clinic you have been attending

- When you arrive at the hospital enter through the Emergency Department and inform the Emergency of the reason why you are here (Labor with symptoms of COVID-19 or positive for COVID-19). The Emergency Department will contact Labor & Delivery of your arrival and the Obstetrician will come to the Emergency Department to evaluate your labor status and plan your admission.

- **Mother, Father and/or Support Person must wear a face mask when coming to the hospital.**

- You will see staff caring for mothers with symptoms of COVID-19 or confirmed positive wearing appropriate Protective Garments (PPE) when providing care.

- If you are scheduled for a cesarean section delivery or medical induction please follow instructions given to you by your physician.

- Post Delivery: No skin-to-skin contact preferred however if mother wishes skin to skin contact at delivery, her hands and chest area will be cleansed with soap and water prior to skin-to-skin contact.

- Mothers will be requested to wear a face mask when handling baby.

- Delayed cord clamping by provider WITHOUT maternal skin contact.

- Newborn delivery care and/or neonatal resuscitation in the same room > 6 feet from mother followed by a bath (if stable).

- Clean breasts, express breastmilk with precautions.

- Preference is expressed breastmilk fed by a healthy caretaker, however mother may choose to place baby to breast if both mother and baby are stable.

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OPTION #1: ROOMING-IN (Continued)

- Mothers are allowed to have only one adult support person during the entire stay from labor, delivery until dismissal. The support person must be the same individual and must past the COVID-19 screening questions. The support person cannot be positive for COVID-19.

- Preference is that the support stay from delivery to dismissal thus they should come prepared with their personal overnight stay items within reason.

- The support person will be instructed to wear PPE garments, face mask and follow hospital rules while residing in the room with mother and to follow hospital rules.

- If mother chooses to breastfeed the baby at the breast, she will wear a face mask, use good hand hygiene, cleanse her breasts prior to breastfeeding newborn and use a blanket as a barrier between mother’s face and baby’s face.

- The newborn will remain in mother’s room in an enclosed isolette.

- The newborn will be tested at 24 and 48 hours and if positive, will be tested again at 1 week with an additional follow-up test at 2-3 weeks.

- Discharge to mother with contact and droplet precautions until mother has resolution of fever without using antipyretics + two negative SARS-COV2 tests /24 hours apart.

- If mother requires additional hospitalization mothers must identify a healthy care giver to care for the baby at home.

- Planned dismissal time, with no complication, is 24 - 48 hours for vaginal delivery and 48 - 72 hours for a cesarean section.

- Support person will be required to sign acknowledgment form indicating they understand the risk of being exposed to a COVID-19 infected person and that he or she may also become infected.

OPTION #2: STRICT ISOLATION APPROACH (Infant Separation)
Recommended by CDC, AAP and ACOG

- For obstetrical concerns after clinic hours or if you suspect you are in labor: Call Labor & Delivery, (209) 468-6460, and notify Labor & Delivery of the following information prior to arriving at the hospital:
  - Full Name
  - Date of Birth
  - Expectant Due Date and or number of pregnancy weeks
  - Name of Clinic you have been attending

- When you arrive at the hospital enter through the Emergency Department and inform the Emergency of the reason why you are here (Labor with symptoms of COVID-19 or positive for COVID-19). The Emergency Department will contact Labor & Delivery of your arrival and the Obstetrician will come to the Emergency Department to evaluate your labor status and plan your admission.

- Mother, Father and/or Support Person must wear a face mask when coming to the hospital.
OPTION #2: STRICT ISOLATION APPROACH  (Continued)

• All staff caring for mother with symptoms of COVID-19 or confirmed positive will wear appropriate Protective Garments (PPE) when preparing care.

• If you scheduled cesarean section delivery or medical induction please follow instructions given to you by your physician.

• No skin-to-skin contact.

• Delayed cord clamping by provider WITHOUT maternal skin contact in asymptomatic or mildly symptomatic mothers.

• Neonatal resuscitation and further newborn care in separate room followed by a bath (if stable).

• You can choose to feed your baby in the following ways:
  - Express breastmilk and have a caregiver feed baby
  - Give your baby formula or donor milk
  - Breastfeed at breast using precautions

• Newborn will be tested for SARS-COV2 at 24 hours and at 48 hours after birth.

• Mothers are allowed to have only one adult support person during the entire stay from labor, delivery until dismissal.

• The support person must be the same individual and must past the COVID-19 screening questions. The support person cannot be positive for COVID-19.

• The support person may choose to stay with the baby in a separate room and provide care for baby with support from staff until the baby is dismissed home.

• Preference is that the support stay from delivery to dismissal thus they should come prepared with their personal overnight stay items within reason.

• Discharge to Healthy Caretaker until mother has a resolution of fever without using antipyretics + improvement in signs/symptoms + two negative SARS-COV2 tests / 24 hours apart.

• If newborn tests positive at 24 and 48 hours, the newborn will be tested again at 1 week with an additional follow-up test at 2-3 weeks.

• Planned dismissal time, with no complication, is 24 - 48 hours for a vaginal delivery and 48 - 72 hours for a cesarean section.

• Support person will be required to sign acknowledgment form indicating they understand the risk of being exposed to COVID-19 infected person and that he or she may also become infected.

Since we are unable to provide Childbirth Classes at this time due to “Social Distancing”, please contact (209) 468-7078 or (209) 468-7035 regarding: Maternity Orientation, Breastfeeding, Prepared Childbirth and Postpartum Care.