

QUESTIONS AND ANSWERS FOR THE PARENT OR SIGNIFICANT PERSON



The establishment cares about you inform and protect you from COVID-19, as well as protect your family, other families and the staff. Preventive measures must be applied to the neonatal unit whether or not you have a diagnosis of COVID-19.

Thank you for your cooperation.

How is COVID-19 transmitted?

The virus is transmitted in three main ways:

1. **Hand contact** with the mouth, nose, or eyes (yours or your newborn's) **after touching an infected surface**;
2. **Close contact with an infected person** who is coughing or sneezing;
3. **Hand contact** with the mouth, nose, or eyes (yours or your newborn's) **after touching an infected person's bodily fluids** (nose secretions, saliva, stool).

What special precautions must the parents take?

- These special measures must be taken by the parent at the baby's bedside:
 - Wash forearms (hands to elbows) with soap and water for 20 seconds whenever entering the unit.
 - Wear the mask at all times in the unit (change the mask only after taking it off for a meal or if it becomes soiled).
 - Disinfect hands before and after each contact with the environment or the baby.
- Every day the baby is hospitalized, the parent should monitor and report any symptoms associated with COVID-19, even if they are discrete or even if there is only one symptom, such as:
 - Sore throat, runny nose, nasal congestion, cough, difficulty breathing, fever, chills, sudden loss of smell or taste, vomiting, diarrhoea.
 - A parent with symptoms associated with COVID-19 should wear a mask, wash their hands, and then leave the unit for assessment and testing.
- A parent who has been in contact with a confirmed case of COVID-19 will be assessed by a nurse, who will provide specific instructions and explain precautions to be taken.

Who can come into the neonatal unit to see my baby during hospitalization?

- Only one parent may be at the baby's bedside during hospitalization.
- The second parent or significant person (1st companion) may be allowed during the newborn's stay in neonatology depending on the region's alert level (see santeestrie.qc.ca/covid-19 | Visiting CIUSSS de l'Estrie – CHUS Facilities | Hospital centres | Obstetrical, neonatal and pediatric care).
- Other significant people are encouraged to communicate through video technology.
- Parents with COVID-19 are not allowed except under exceptional circumstances.

**TOGETHER, WE CAN PROTECT NEWBORNS,
FAMILIES AND PERSONNEL DURING THIS
PANDEMIC PERIOD**