

## INSTRUCTIONS FOR HOSPITAL DELIVERY AND AT HOME

### Prevention Measures during a Pandemic

Since you will soon be giving birth, we want to inform you and protect you against COVID-19 as well as protect your family, other families, and our staff. Preventive measures must be applied at the hospital and when you return home, whether or not you have been diagnosed with COVID-19. **Thank you for your cooperation.**

According to current knowledge, it does not appear that a woman can pass on the virus to her baby during pregnancy. The virus is spread through contact with carriers and contaminated objects.

**When you think it's time to go to the hospital for the birth, or if in doubt, call your hospital's maternity unit.**

The nurse will question you and your companion on these points:

- Do you have or have you ever had COVID-19?
- Have you been in close contact with someone with COVID-19?
- Do you have symptoms similar to COVID-19? Please complete the COVID-19 Symptom Self-Assessment at [covid19.quebec.ca/surveys/cdd2/introduction?language=en-ca](https://covid19.quebec.ca/surveys/cdd2/introduction?language=en-ca)

**If so, specific protective measures will be implemented, in addition to general measures.**

### At the hospital

**If your companion cannot be present, video technology will be provided (iPad®).**

#### BEFORE THE BIRTH

- Systematic screening is performed when mothers are admitted to the maternity unit.
- All personnel wear masks at all times as well as eye protection when closer than two metres to the parents.
- The **2nd parent** or **significant person (1st accompanying person)** is allowed at all alert levels.
- A **significant person (2nd accompanying person)** or a **birth attendant** varies according to the alert level of the region as in the table below:

	GREEN LEVEL	YELLOW LEVEL	ORANGE LEVEL	RED LEVEL
<b>BEFORE the birth</b>	<ul style="list-style-type: none"> <li>✗ birth attendant</li> <li>✗ 2<sup>nd</sup> accompanying person</li> </ul>	<ul style="list-style-type: none"> <li>✗ birth attendant</li> <li>✗ 2<sup>nd</sup> accompanying person</li> </ul>	<ul style="list-style-type: none"> <li>✗ birth attendant</li> <li>✗ 2<sup>nd</sup> accompanying person</li> </ul>	<ul style="list-style-type: none"> <li>✗ birth attendant</li> <li>✗ 2<sup>nd</sup> accompanying person</li> </ul>
<b>DURING the birth</b>	<ul style="list-style-type: none"> <li>✓ birth attendant (except in the operating room)</li> <li>✓ 2<sup>nd</sup> accompanying person (except in the operating room)</li> </ul>	<ul style="list-style-type: none"> <li>✓ birth attendant (except in the operating room)</li> <li>✓ 2<sup>nd</sup> accompanying person (except in the operating room)</li> </ul>	<ul style="list-style-type: none"> <li>✓ birth attendant (except in the operating room)</li> <li>✗ 2<sup>nd</sup> accompanying person</li> </ul>	<ul style="list-style-type: none"> <li>✗ birth attendant</li> <li>✗ 2<sup>nd</sup> accompanying person</li> </ul>
<b>AFTER the birth</b>	<ul style="list-style-type: none"> <li>✓ birth attendant</li> <li>✓ 2<sup>nd</sup> accompanying person</li> </ul>	<ul style="list-style-type: none"> <li>✓ birth attendant</li> <li>✓ 2<sup>nd</sup> accompanying person</li> </ul>	<ul style="list-style-type: none"> <li>✓ birth attendant</li> <li>✓ 2<sup>nd</sup> accompanying person*</li> </ul>	<ul style="list-style-type: none"> <li>✗ birth attendant</li> <li>✗ 2<sup>nd</sup> accompanying person*</li> </ul>

✓ Allowed ✗ Not Allowed

\*Telephone/video support may be considered.

- The mother and accompanying persons must **remain in the room** with the door closed at all times. No movement outside the room is allowed, except for a meal (snack bar or cafeteria). The mother's meal will be served.
- All must comply with the recommended prevention measures: hand washing, physical distancing when possible, procedural masks (the mask must be changed every day or when it is wet or soiled), etc.

**In addition, if the mother has been diagnosed with COVID-19 or presents with associated symptoms:**

- She must wear a mask and the companion must wear a mask and a gown.
- Depending on the situation, she may be transferred to a COVID-19 designated centre for delivery.

#### AFTER THE BIRTH

Wash your hands with soap and water for at least 20 seconds or with an alcohol-based hand sanitizer (more than 60% alcohol):

- **before and after any contact with the baby;**
- when your hands are dirty (before and after meals, after using the bathroom, etc.).

## IN CASE OF COVID-19 INFECTION OR ASSOCIATED SYMPTOMS

You must take the precautions given below, since there is a risk of transmission to your baby after birth via your hands and from droplets when you breathe or cough:

- To the degree possible, the companion or a dedicated person must **care for the baby**.
- **Wear a mask and wash your hands before any contact with your baby** and keep the mask on as often as possible between contacts. If you have to remove it, make sure you are at least two metres away from your baby or anyone else.
- **Avoid contact** with your child's nose, eyes, and mouth.
- **Cough into the crook of your elbow** or a handkerchief and throw the handkerchief away immediately, then wash your hands with soap and water.



## MEASURES RELATED TO BREASTFEEDING

According to the latest research, the virus is not transmitted in breast milk. Breast milk contains many immune factors to fight infection. **You can breastfeed and have skin-to-skin contact if your condition permits.** Bathe and put on fresh clothes before breastfeeding. You can also express your milk if you need to be separated from your baby.

### At home

A CLSC nurse will call you within 24 hours of returning home to monitor your health and that of your baby. Followup is then offered as needed. **If symptoms associated with COVID-19 develop, the health-care professional should be notified.** Follow the public-health recommendations issued for the entire population during a pandemic. If you are experiencing stress, anxiety, or depression, you can contact the Info-Social service at 811, option 2.

## IN CASE OF COVID-19 OR ASSOCIATED SYMPTOMS:

- **Inform the health-care professionals** in touch with you. A nurse from the CLSC will call you every two to three days for two weeks to check on your condition and that of the baby.
- To the degree possible, a person other than you **must care for the baby**.
- **Remain confined in your home and do not receive visitors** for the duration recommended by Public Health and follow the isolation guidelines at home: visit [quebec.ca/en/health/health-issues/a-z/2019-coronavirus/instructions-for-people-with-covid-19-symptoms](https://quebec.ca/en/health/health-issues/a-z/2019-coronavirus/instructions-for-people-with-covid-19-symptoms)
- **Wear a mask and wash your hands** before and after contact with your baby.
- **Regularly wash surfaces, objects, and toys** in your home that are frequently touched. Use ordinary cleaning products or soap and water.
- **Watch your baby for possible signs and symptoms:** cough, fever (38°C or higher taken rectally), difficulty breathing, vomiting, or diarrhoea. If your child has a fever or difficulty breathing, go to the emergency department immediately. For other symptoms or concerns, call Info-Santé at 811.

## RECOMMENDATIONS FOR WEARING A MASK IN CASE OF COVID-19 OR ASSOCIATED SYMPTOMS

You must wear, wear a procedure (or surgical) mask. **Anyone wearing a mask must observe the following instructions:**

- Wash your hands before putting the mask on and after removing it.
- Avoid touching the mask while wearing it.
- Discard or replace procedure masks as soon as they become damp or soiled.
- Do not leave masks lying around on tables, counters, etc.

**Together, we protect newborns, families and personnel, during this pandemic period.**