

# Healthy Mom Healthy Baby

## FAQs about labor & delivery during COVID-19

### **Q: Do I have to wear a mask while I am in labor?**

A: The Department of Health recommends that everyone who cannot social distance should wear a mask. As it is impossible to social distance in labor from your care team, if you are able to wear one, we will provide you with surgical style medical masks and encourage you to use them. If you cannot tolerate a mask in labor, we will adapt our PPE (personal protective equipment) to compensate. After the baby is born, please continue to wear your mask when caregivers are in the room.

### **Q: Does my partner need to wear a mask the whole time I am in the hospital?**

A: When caregivers are in the room, we ask that your partner wear his/her mask. When just your family is in the room, they can remove the mask.

### **Q: Can my partner come and go while I am in the hospital?**

A: We encourage your support person to stay with you the entire time.

### **Q: Are coffee shops and the cafeteria open at the hospital for support people?**

A: We ask that your support person stay in your room with you.

There are options for ordering food from the cafeteria but in the interest of safety, it is better to reduce the number of people in the hallways and common areas of the hospital.

### **Q: Do partners get tested for Covid-19 if a mom tests positive?**

A: If a partner has any symptoms of Covid, he/she should talk with their healthcare provider about being tested. Any support person with symptoms of Covid-19 is asked to stay home to avoid spreading the virus. It is always good to have a backup support person in case your primary is sick. If a woman in labor is positive but her support person has no symptoms, then her support person is welcome to stay, but must continue to wear a mask when caregivers are in the room and must remain the room with their family throughout the stay.

### **Q: Is it safe for my baby to stay in my room if I test positive?**

A: As long as no additional medical care is needed for mom or baby, and appropriate precautions are taken (wearing a mask and frequent handwashing/sanitizing), then babies do very well when rooming in with their mothers even with a positive Covid test. Breastfeeding may even provide protective antibodies to the baby.

### **Q: Where can I go for breastfeeding or other support while in-person activities are closed?**

A: There are multiple resources available in online format right now. Catholic Health has many classes and connections with additional resources – see [chsbuffalo.org/classes](https://chsbuffalo.org/classes).

### **Q: Who can visit my baby if he/she is in the NICU?**

A: Parents are encouraged to be with their baby in the NICU as long as they have no symptoms of Covid-19 and wear a mask. Like always, excellent handwashing and care to reduce spread of germs is important to protect these little ones!

### **Q: Can my baby go with me to my postpartum follow-up appointment(s)?**

A: No, to protect your baby, we ask that you come to your appointments while the baby stays with a trusted caregiver at home. This minimizes potential exposure to any virus or bacteria outside their home environment.