

# Asante Guidelines for Birthing Families During COVID-19



## *Thank you for choosing Asante for your delivery.*

We want to assure you that safety and support during your labor, delivery and postpartum experience remain our top priority.

We are taking every precaution to ensure that our staff, patients and their loved ones are protected. Every birth is unique and precious and despite the adjustments required to maintain safety, we are committed to providing a wonderful labor and delivery experience for your family.

## Labor support

OB patients may have two designated support people with them throughout their hospital stay. All patients and support people will be screened for exposure and symptoms of COVID-19 upon entering the Family Birth Center. Those under 18 are not allowed to visit patients in the hospital during this pandemic.

Doulas who are certified with the Oregon Health Authority and who can be found on the [Traditional Health Worker Registry](#) are an exception to the current visitor policy and may act as an additional support person for the woman in labor.

## Safety precautions the hospital is taking

We are asking all patients, staff and support people to wear a mask while in the hospital. A mask will be provided at the entrance to the Family Birth Center if one is needed.

While on the labor and delivery unit, all patients and support people should remain inside the hospital room as much as possible to avoid contact with others in public spaces. The cafeteria is closed to the public, so all meals will be eaten inside the hospital room.

All patients who are in labor or expected to deliver within 24 hours will be offered rapid testing for COVID-19 upon admission. Access to this test result early in the labor process protects our staff and allows us time to prepare for the delivery.

If a pregnant patient tests positive for COVID-19, we do not require separation of the mother and baby after the birth. Instead the mother will be given education and options for how she would like to care for her infant and provide protection from the virus. If Cesarean delivery (C-section) is planned, testing will be available about 48 hours in advance of the procedure. Pregnant patients should consult with their OB provider's office for details on this testing process. Patients are advised to stay home (self-quarantine) and avoid visitors for 48 hours prior to their scheduled C-section.

## Your healthcare team is here for you

We understand that these precautions may affect your birth plan. Please rest assured that your health care team is here to provide you with a wonderful birth experience while adhering to the guidelines set in place for safety. Please reach out to your OB provider or OB unit with additional questions about your upcoming delivery.

For current guidance on COVID-19, visit the CDC page on Pregnancy, Breastfeeding and Caring for Newborns:

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>

*Thank you for allowing us to care for you and your baby.*