

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.

Here are some ways we're keeping our patients and their families safe, as well as tips for caring for your baby at home.

Labor support

OB patients may have two designated support people with them throughout their hospital stay, as long as they are healthy and haven't had any symptoms of illness for the last seven days. They also cannot have had contact with anyone positive or suspected for COVID-19 in the last 14 days.

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 support people to wear a mask while in public spaces outside of the patient room and to wear the mask when a staff member enters the room.

For everyone's protection, we are practicing physical distancing inside the hospital. All patients and visitors should remain inside their room as much as possible. All patients, visitors and staff members should attempt to remain 6 feet from one another and should wear masks while interacting with each other. Since labor support requires close contact, staff members may be utilizing additional personal protective equipment.

Safety precautions you can take

COVID-19 is present in our community and your family may encounter the virus now or in the future.

How to keep your baby safe from infection:

- Screen friends and family who wish to visit your baby by asking questions about recent illness or exposure to ill people and not allowing people with positive responses to visit.
- All caregivers should wash their hands before touching the baby.

How to protect a newborn from infection when a caregiver may have COVID-19:

- The COVID-19 virus can be spread to your baby after birth through contact with viral droplets in the air and on surfaces.
- Ensure that the baby is at least 6 feet from the infected person, since droplets travel through the air when a person speaks, coughs or sneezes.
- Shield the baby from the viral droplets through use of barriers:
 - Use walls as barriers — care for baby in a separate room
 - Use curtains to divide a room and separate infected person from baby
 - Use masks as barriers — when the baby is within 6 feet

These protective activities can stop when **both** criteria have been met:

- No fever for 72 hours without using medications (Tylenol, Ibuprofen, etc.)
- At least seven days have passed since symptoms of illness first appeared

Your healthcare team is here to help you make choices that will protect your baby from infection while in the hospital and at home. We want to help meet your needs and answer all your questions.

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