



COVID-19 FAQs: Preparing for Childbirth at Sibley Memorial Hospital

What is the hospital doing to ensure it is clean for a safe delivery?

The hospital uses cleaning materials that are government regulated in all public and private spaces. We follow the CDC guidelines for disinfecting all surfaces to ensure your health and safety.

How do I attend a childbirth class?

Sibley is offering some childbirth educational opportunities online. To learn more, visit events.sibley.org.

What symptoms could be a sign of COVID-19 in a pregnant woman?

COVID-19 symptoms include:

- Cough
- Fever
- Shortness of breath
- Muscle aches
- Sore throat
- Unexplained loss of taste or smell
- Headache
- Diarrhea

All patients should call prior to coming to the hospital if they have symptoms or if they have tested positive for COVID-19 by an outside facility.

What should I do if I have symptoms of COVID-19?

If you have a fever or any kind of respiratory difficulty, such as coughing or shortness of breath, call your doctor and explain your symptoms over the phone before going to the doctor's office, urgent care facility or emergency room. If you have a medical emergency such as severe shortness of breath, call 911 and let them know about your symptoms.

Will I be tested for COVID-19 before delivery?

Due to the potential for asymptomatic women in labor to be COVID-19-positive, each woman who is admitted for delivery will receive a rapid COVID-19 test. The care team will follow our COVID-19 protocol and will resume non-COVID-19 guidelines if the test comes back negative. Failure to identify COVID-19 in asymptomatic women in labor presents a high risk for transmitting the virus to others, including the newborn baby.



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If I go into labor, where do I enter the hospital?

Patients should call their OB provider prior to coming to the hospital to be admitted. Patients can enter Sibley through the main entrance at Building A or Building B; all patients and visitors will be screened for symptoms. From there, patients should go directly to Labor and Delivery on the 3rd floor of Building B, where they will be admitted. OB patients may pre-register with their doctor or midwife's office in advance of their due date. For extra precautions, on the Labor and Delivery Unit, providers will wear masks and eye protection.

What is the visitor policy when I deliver?

In order to protect our patients, visitors and staff from the spread of COVID-19, there is an updated visitor policy for the Johns Hopkins Health System that was enacted on March 30, 2020, and continues until further notice. Currently, no visitors will be permitted except under specific circumstances to include Labor and Delivery and the Special Care Nursery.

- **For Labor and Delivery:** No visitors are allowed in the operating room. One visitor in Labor and Delivery (without reentry in labor) and post-partum is permitted.
- **For the Special Care Nursery:** Two designated caregivers per patient are permitted.
- All visitors must also follow the following process for the safety of staff and other patients:
 - » Visitors will be screened for fever, cough, shortness of breath, muscle aches, sore throat or an unexplained loss of taste or smell and will not be able to stay if symptomatic.

For a complete list of visitor policies, visit sibley.org.

Can my family wait in the lobby or other area of the hospital during delivery?

Other family members or friends will not be permitted to enter the facility or to wait in lobbies or common areas such as the cafeteria.

Can my partner stay with me after delivery?

Yes, you may have one visitor stay with you with minimal reentry.

Will I be separated from my baby after birth?

We encourage skin-to-skin and rooming in for patients. However, if a patient tests positive for COVID-19 prior to delivery, our hospital will follow current CDC guidelines related to separating mother and baby to prevent transmission of the virus.

How should I prepare when I return home?

When you and your little one return home, stay home as much as possible. Instead of having visitors come to you, call friends and family or visit by video. If you have to go out, you should also practice social and physical distancing — stay at least 6 feet away from others in public places. Wash your hands with soap and water frequently and thoroughly for at least 20 seconds.



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