

# Golden Valley Memorial Healthcare Answers Your Maternity Questions



As always, and especially during the COVID-19 pandemic, we want to reassure you that the safety of you and your baby are of the utmost of importance to us. Our dedicated team of physicians, nurses and other staff members are committed to providing you a wonderful, healthy experience during the birth of your precious new baby.

We are taking every precaution to ensure that both our patients and staff are protected. The birth of a child is one of the most important days in your family's life and we aim to give you the best experience possible and treat you like one of our own family.

Before you arrive at the hospital, we want to make you aware of a few additional precautionary steps we are taking at this time. Prior to entering the building, we have several screening questions and encourage all patients and visitors to wear a mask. If you have one, please bring it with you.

During your visit, we ask that patients and visitors remain in their room and avoid circulation in common areas as much as possible. For your convenience, all of our maternity patients are cared for in a private room, which includes their own bathroom.

To protect yourself and our staff, we suggest you read and follow the latest government advice about social distancing and avoiding public places, especially being extra careful to avoid anyone who has symptoms suggestive of COVID-19.

We ask patients and their named visitor to be particularly vigilant with respect to social distancing in the 14 days prior to admission, when possible. No children or additional visitors will be permitted in our unit at this time.

In the interest of the safety of our patients and staff, we have introduced a strict visitor policy as follows:

One support person of choice will be allowed to accompany you while you are admitted to the hospital. If your visitor has had any COVID-19 symptoms or in contact with anyone that has had symptoms, they must not come with you to the hospital, you may consider an alternative support person.

No children or other visitors will be allowed at this time.

Your support person will not be allowed to leave the hospital during your stay. Please plan ahead and come prepared by bringing all the personal items you both might need with you to the hospital. Do not forget your car seat. We have a wonderful menu to feed both you and your support person during your stay, created by our very own chef.

For those mothers that have or are suspected to have COVID-19, rest assured we have created policies and procedures to care for you and ensure the safety of everyone.



## What to do when you go into labor:

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If you think your labor has started or if you are having problems with your pregnancy or baby that needs evaluated, please reach out to our nurses so we can alert the emergency department that you are arriving. When you arrive at the emergency department entrance you will be screened and escorted to the birthing center.

We remain focused on providing you our Golden Standard of Care and have dedicated staff working hard to assure you have a healthy and positive birthing experience. You are our top priority and providing you with safe care, while adhering to guidelines set in place.

Although this experience may not be what you imagined, we will continue to go above and beyond to help you have the best experience possible while welcoming your new bundle of joy.

## Frequently Asked Questions About Pregnancy

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**Q: As a pregnant woman, should I be tested for COVID-19?**

**A:** If you have symptoms of COVID-19 (fever, cough, shortness of breath), call your healthcare provider right away.

**Q: Can my baby catch COVID-19 from me before delivery if I am positive?**

**A:** Mother to child transmission of COVID-19 during pregnancy is unlikely, but after birth a newborn is susceptible to person-to-person spread.

**Q: Should I go to my next OB appointment and will my experience be different in the midst of COVID-19?**

**A:** It is very important to attend your OB appointments. Please reach out to your provider to determine if there are any changes you should know about.

**Q: Is it still safe to have an ultrasound?**

**A:** Your provider will be able to provide you specific advice on attending your ultrasound. The number of people with you during your ultrasound will be limited to only your support person generally to decrease the potential spread of the virus. You should receive pictures to take home to show family.

**Q: Does having COVID-19 during pregnancy make it more likely for me to have a miscarriage or go into pre-term labor?**

**A:** Miscarriages can happen in any pregnancy. Studies have not proven this to be the case.

**Q: How will I know what to do in labor if I haven't attended any classes?**

**A:** Currently we are doing our childbirth prep classes virtually. If you need information on signing up, please call the birthing center at 660-890-7371.

## Frequently Asked Questions About Pregnancy and Mental Health

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**Q: What can I do to cope with the stress and anxiety of COVID-19?**

**A:** Individuals who feel overwhelming worry or anxiety are encouraged to talk to their healthcare provider. Know you are not alone. Stay connected with family and friends virtually. Reach out and share your story and talk to other expecting and new moms online.

**Q: What can I do for my physical and mental wellness during pregnancy?**

**A:** Get the facts:

- Stay informed with the latest information from the CDC
- Keep things in perspective
- Limit worry by lessening the time you spend watching the news or reading media coverage
- Stay healthy (healthy hygiene, wash your hands, etc.) eat healthy, and stay as active as possible
- Maintain your normal daily routine as much as possible

**Q: Is it safe for me to come to the hospital to give birth?**

**A:** Hospitals are still the safest place to give birth. We have taken extensive precautions to prevent the spread of infection. Our staff has been trained on how to best prevent infection, as well as be able to provide the labor support and guidance you need during birth. We are being very cautious to ensure that both our patients and staff are protected.

**Q: How will my birth experience be different if I have tested positive for COVID-19?**

**A:** If you are (or potentially could be) COVID-19 positive when you deliver, we will follow the latest CDC guidelines to make sure you and your baby are safe. We have policies and procedures in place if this should occur.

**Q: Will I be able to have a support person with me during labor?**

**A:** Yes, we are allowing one support person to be with you during your hospital stay. It will need to be the same person throughout the whole hospital stay and they will need to remain in the birthing center for the duration. We are currently limiting the traffic in and out of our unit for your protection.

**Q: Can I use Facetime or another app during my labor?**

**A:** This is a very special moment in your life to be able to share with your family, we encourage you to use your personal devices to connect with your loved ones.

**Q: Are there risks to the pregnancy and to the baby?**

**A:** Pregnant people have a higher risk of severe illness when infected with viruses from the same family as COVID-19 and other viral respiratory infections, such as influenza. It is always important for pregnant people to protect themselves from illnesses.

## Frequently Asked Questions About Postpartum/Nursery

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**Q: I have other kids—what do I need to do about them when I am in the hospital?**

**A:** Children are not allowed in the hospital at this time. It is important for you to plan ahead for safe child care for your children, as well as a back-up plan in case that person is sick.

**Q: Can COVID-19 be transmitted through breast milk?**

**A:** At this point, there is no evidence that COVID-19 transmits through breastmilk. Refer to and follow CDC guidelines on breastfeeding.

**Q: Once I return home, how can I protect my baby from COVID-19?**

**A:** We encourage you to limit your number of visitors once you are home. For now, use Facetime, Skype, Zoom, etc. to interact with your family and friends.

**Q: Will my baby and I have to be separated after birth if I am symptomatic or positive at delivery?**

**A:** That will be decided by your healthcare provider at the time of delivery based off of CDC and American Academy of Pediatrics current guidelines. If this happens, our nurses are prepared to love and care for your baby in a special nursery just for them.



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