

## **Bay View Ob/Gyn Statement Concerning Obstetrical Recommendations during COVID-19 Pandemic**

COVID-19 is a highly contagious and therefore easily spread illness. You could be exposed prior to having any symptoms of the illness. Pregnancy decreases your immune response and makes you more susceptible to contagious illnesses. Evidence thus far does not seem to suggest any increased risk for severe illness or death to you or your baby, however, you may be more likely to catch this virus. You may be at increased risk if you have other medical conditions such as high blood pressure, diabetes, or asthma complicating your pregnancy. Due to the recommendations of social distancing, we are currently only allowing one support person for the labor, delivery and postpartum period. This person should plan to stay with you the duration of your hospital stay. We are also allowing a doula if you plan to have one as well.

### **Maintaining Social Spacing and Good Hygiene**

- Work from home when possible. If this is not an option, when you reach 36 weeks or more in the pregnancy, we recommend that you consider leaving the workforce and begin maternity leave to avoid exposure/illness near the time of delivery. This will reduce the possibility of you being separated from your newborn. This is not considered a disability recommendation. You will need to discuss the consequences of this action with your workplace in terms of benefits and pay.
- We are also providing telemedicine to reduce the need for office visits
- Stay home and avoid non-essential activity and social gatherings, even with family members that live outside your home.
- Have someone else do the shopping and errands
- Limit visitors in your home
- Everyone, including yourself, should wash their hands with soap and water for 20 seconds BEFORE contact with others and surfaces in your home. This will decrease contaminating your loved ones and your home ☐

Avoid take-out and delivery food items that are not in original packaging ☐ If you MUST go out, consider this following:

- Wear a fabric covering over your mouth and nose (scarf, bandana, etc) so that you avoid touching your mouth and nose until you can return home and wash your hands
- Touch as few objects, surfaces, and other people as possible
- Maintain spacing of 6 feet as much as possible. This includes avoiding hugging, kissing, handshakes, etc.
- If you don't have access to soap and water, use hand sanitizer or antiseptic wipes