

# COVID-19 INFORMATION FOR PATIENTS AND FAMILIES: FREQUENTLY ASKED QUESTIONS

## DOCUMENT TYPE: REFERENCE TOOL

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### What is novel coronavirus COVID-19?

COVID-19 is the infectious disease caused by a recently discovered virus. COVID-19 now affects many countries around the world. The situation is constantly changing.

You can find the latest information on:

- The BC Centre for Disease Control (BCCDC) website [bccdc.ca](https://bccdc.ca), and
- The BC Women's Hospital website: [bcwomens.ca/covid19](https://bcwomens.ca/covid19).

### I am sick. Should I cancel my appointment at BC Women's or with my doctor or midwife?

Please go to [bcwomens.ca/covid19](https://bcwomens.ca/covid19) for the latest advice.

### Are you checking for COVID-19 when patients arrive at the hospital?

We are actively screening for COVID-19. This means that:

- At each entrance, a staff member will ask patients, families and visitors a few health questions.
- The staff member will also ask you to clean your hands with hand sanitizer.

To keep you safe, we are also:

- Restricting the number of patients, families and visitors at the hospital.
- Limiting the entrances that patients, families and visitors can use. Learn which entrances are open at [bcwomens.ca/covid19](https://bcwomens.ca/covid19).

### How can I protect my family while at the hospital?

The best ways to prevent COVID-19 are to **clean your hands regularly** and **avoid touching your face**. Clean your hands often with alcohol-based hand sanitizer, or soap and water. It is very important to clean your hands after you touch shared surfaces or objects and before you eat. Stay 2 meters apart from people when you can.

Learn about wearing a mask at: [bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/masks](https://bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/masks).

### I am pregnant and I have symptoms of COVID-19 or flu symptoms. What should I do?

If you are pregnant and have influenza (flu) symptoms, contact your health-care provider. Influenza during pregnancy can cause complications. The virus that causes influenza is still active in BC.

If you are pregnant and have COVID-19 symptoms, you should get tested. Call your health care provider. They should manage your care. They should also contact the hospital or facility where you plan to deliver.

### How does COVID-19 affect pregnant women?

With other viruses like influenza, pregnant women can get sicker than non-pregnant women. Our teams are watching closely for this with COVID-19. So far, though, studies show that COVID-19 in pregnant women is often mild. There is no clear evidence that COVID-19 can infect your baby during pregnancy.

### What visitor restrictions are currently in place at the hospital?

You can have one designated adult support person. They can stay with you for your labour, birth and postpartum. You can also have a registered doula, if you have organized one.

### What restrictions are in place in the NICU?

Both parents (or 1 parent and 1 support person, or 2 designated support persons) can stay with their baby in the NICU.

For specific visitor restrictions, go to: [bcwomens.ca/covid19](https://bcwomens.ca/covid19).

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### I am suspected or confirmed COVID-19 positive. How will that affect my birth at BC Women's?

You and your support person will be on isolation. Care will be based on your symptoms at the time. You can expect continuous electronic fetal monitoring during labour to assess your baby's wellbeing. After birth, we will keep you and baby together if at all possible. We consider skin to skin contact, delayed cord clamping and breast feeding safe at this time.

If you need to go to the operating room, we may take more steps to prevent the spread of COVID 19.

We will encourage you to practice good hand hygiene when caring for your baby. We will also advise you to wear a mask if you breastfeed. Your baby will be tested for COVID-19.

Ask your primary care provider for more information.

### Version History

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