

## Can I stay with my baby in the NICU?

- As always, both parents can stay with their baby 24/7. You are essential to your baby's health, wellbeing and development. You are not a visitor. You are your baby's **essential caregiver**, and we consider you an important member of your baby's core care team.

## What COVID-19 restrictions are in place in the NICU?

- No siblings or visitors are permitted in NICU at this time.
- Provincial Health Orders include wearing a mask in all public places including public spaces in hospitals.
- If you or your partner cannot be with your baby for an extended period of time, you may choose a designated support person to take your place. To arrange your designated support person, ask your baby's nurse to connect you with your baby's Clinical Nurse Leader (CNL).
- Learn more about up-to-date guidelines and tips by visiting [bcwomens.ca](https://bcwomens.ca) > **Covid-19 Patient & Families Tip Sheet**

## How does the NICU screen for COVID-19?

- Nurses screen all patients daily. This includes all babies, and mothers that are postpartum patients in Mother Baby Care.
  - We actively screen for COVID-19 symptoms at hospital entrances and NICU reception.
  - All parents, other essential caregivers, and staff are first screened at hospital entrances.
  - When you enter the hospital, a staff member will:
    - Ask you a few health questions,
    - Ask you to clean your hands, and
    - Offer you a medical mask.
- Learn which entrances are open at [bcwomens.ca/covid19](https://bcwomens.ca/covid19).
- **If you are staying in your baby's room**, please check in with NICU reception every 24 hours for your daily health screening. A staff member will ask you some health questions and give you a daily health screening sticker.
  - **If you are returning to the hospital from home**, please check in with the NICU reception when you arrive on the unit each day. A staff member will ask you some health questions and give you a daily health screening sticker.
  - Make sure your daily health screening sticker is visible at all times.
  - **Each time you enter the NICU**, reception staff will ask you to clean your hands with hand sanitizer or wash your hands at the sink.

Please note: COVID-19 recommendations are evolving. This information is current as of December 3, 2020. For the most up-to-date information from BC Women's, please visit our website: [bcwomens.ca](https://bcwomens.ca)

## Please help us keep you, your baby, our staff and everyone in the hospital safe:

- Stay 2 metres (6 feet) apart from people that are not in your household,
- Wear a medical mask correctly when you are outside of your baby's room,
- Clean your hands often with an alcohol-based hand sanitizer.

## What should I do if I feel sick when I am at BC Women's?

Wash your hands, put on a mask, and tell your baby's nurse. Then, go home as soon as possible. You can choose a designated support person for your baby while you are away.

## What should I do if I feel sick when I am at home?

- ***Please do not come to the hospital if you feel sick.***
- Call 811 and follow public health recommendations, and
- Call your baby's nurse. To contact NICU dial 604-875-2136 or toll free 1-888-300-3088.

## Can I breastfeed and hold my baby skin-to-skin in NICU?

- We still recommend breastfeeding and skin-to-skin contact during the COVID-19 pandemic. Human milk has antibodies and immune factors that protect your baby's health. Clean your hands before and after providing care, including when you hold or feed your baby.
- To find up-to-date breastfeeding guidelines, scan the QR code or visit **bcwomens.ca > Covid-19 Information for Patients > Newborn Care > Breastfeeding + Covid-19**



## Who should I talk to if I have questions?

We understand this is a difficult time for NICU families, and we hope this letter answers some of your questions. If you have more questions, please ask your baby's nurse or doctor. If you have additional concerns, please ask your nurse to contact a Clinical Nurse Leader or Program Manager.

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# COVID-19 Information for Families in NICU: FREQUENTLY ASKED QUESTIONS

## Version History

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05-Jan-2021	C-06-14-60905 COVID-19 Information for Families in NICU: FAQ	Approved at: Neonatal Leadership Committee; CW COVID-19 Working Group

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