



A novel coronavirus, known as COVID-19, has been declared a global pandemic by the World Health Organization. COVID-19 is a significant concern in Saskatchewan. Please refer to the Government of Saskatchewan website for up-to-date information on COVID-19:

<https://www.Saskatchewan.ca/coronavirus>

Safety is a top priority for the Saskatchewan Health Authority. Our Maternal Services Units have implemented detailed plans to reduce the spread of the COVID-19 virus, lessen the risk of infection, and ensure that our health care services are available for people who are most at risk for severe illness. In order to keep you, your family, staff and physicians safe, we are requesting your assistance.

1. If you are living outside of Saskatoon and Regina – please call ahead.

- Calling ahead will ensure that the care that you and your family require during each stage of the pandemic can be met.
- In some situations, travel to an alternate location to deliver your baby may be required to ensure your safety and support your delivery needs. Your obstetrical provider will work with you so that your care is safely transitioned to another provider if needed.
- Calling ahead will allow you time to arrange transport and plan for the trip.
 - Calling ahead will include a verbal screen for COVID-19 for you and your support person. This will help our Maternal Care Units to greet each person with the right protective equipment. This will also ensure that your support person is well enough to attend with you or allow an alternate to be notified.

2. Prepare your support person.

- Maternal and postpartum will be limited to **two (2) support people** for entire length of your admission.
- NICU is limited to two (2) consistent primary parents/caregivers for entire length of the baby's admission.
- Your support person will:
 - have a health screening prior to entering the facility. This may include a temperature check or a questionnaire,
 - be required to perform hand hygiene (hand washing and/or use of hand sanitizer) when entering and leaving the facility and when entering and leaving your room, and
 - be required to wear a mask when accessing common spaces within the facility.
- Your support people must be **the same** for the entire length of your stay in hospital.
 - They should plan **not to leave** the hospital. You and your supports can seek approval from the facility/care environment to bring personal items including food and beverages.
- You and your supports are required to stay within your patient room.
- You and your supports are not permitted to wait in waiting rooms or other common areas.
- Other visitors will NOT be permitted to the Maternal Care Unit.



3. Be prepared for your stay and discharge.

- Patients and support persons should plan to bring sufficient clothing and personal care items. This could include additional sets of clothing; toiletries such as toothbrushes, toothpaste, unscented soaps; personal care items required to go home from hospital including breast pads and peripads; an outfit for you and your infant to go home in; electronics and charging cords; blankets and an approved car seat.
- Meals will be provided for patients and may be provided for the support person. It is advised you bring snacks and drinks. Please talk to your labour and birth unit if you require further information.
- Patients and support persons should self-monitor by paying attention to new COVID-19 symptoms including temperature if you are living in or leaving an area with known COVID-19 cases. At the first sign of symptoms, such as increase in body temperature or development of a cough or sore throat or shortness of breath, you should self-isolate and call HealthLine 811 for assessment and direction.

4. Please be supportive while we screen you and your support for COVID-19.

- When arriving at the hospital, both you and your support person will be screened for COVID-19 symptoms and risk factors.
- If you screen positive upon entering the hospital, but do not have any symptoms of COVID-19, you should be able to deliver in your planned site. If you screen positive and have symptoms of COVID-19 or if you have tested positive for COVID-19, your healthcare provider may arrange for you to deliver in another hospital where more services are available. A facemask will be provided to you and your support person when COVID-19 precautions or further testing is required.
- If your support person has symptoms or risk factors for COVID-19, or develops them during their time at the hospital, they will not be able to stay. If this occurs, you can choose an alternate support person.
- Your support person may be required to wear a wristband (or some other form of identification) so health care providers know they have been screened for COVID-19 and permitted to stay.

We thank you for your understanding and cooperation during these unique and challenging times. The direct line to your maternal services unit is :

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