

April 28, 2020

Littleton Regional Healthcare knows these unprecedented times can leave expectant families with feelings of uncertainty. COVID-19 is causing concern during a time in your life that is supposed to be filled with joy. Please know that we have taken every precaution to protect you and your family when you come to the hospital to give birth.

LRH continues to work closely with the Centers for Disease Control and Prevention, as well as state and local health authorities to make sure we continue providing safe, high-quality care while controlling exposure to the virus. Because information can change frequently, we encourage you to talk with your obstetrician or maternal health care provider or, when you arrive at the hospital, with any member of the care team to be sure you have the most up-to-date information available.

**Currently, we are taking the following precautions to ensure the safety of our maternity patients:**

- All patients will have a COVID-19 screening test done upon admission. This testing is being done to aid us in providing the best care we can during this difficult time.
- Patients and support persons will be asked to wear a mask when interacting with staff and to remain in their designated room as much as possible.
- For obstetric patients who are not suspected or confirmed to have COVID-19:
  - You may have one support person during your hospital stay. This will be the same person throughout your stay.
- For obstetric patients who have confirmed or suspected COVID-19:
  - A support person will be determined on a case by case basis. Additional safeguards are in place to reduce the risk of transmission. Talk with a member of your care team to learn more.
- At the time of admission, the OB nurses will ask for your support person's name. This name will be written down on an identification bracelet and placed on your person of choice. It is essential that these bracelets remain intact throughout the stay and may not be passed from person to person. Your support person must be at least 16 years old.
- Upon arrival, we ask that you please bring your car seat, and breast pump if you have one, in with you at this time.
- We encourage you to use video chat (FaceTime, Zoom, etc.) as a way for you to visit your loved ones while you're in the hospital. We can help you access video technology if needed. Please consider the following:
  - Our caregivers need to provide consent before being photographed or filmed.
  - For patient privacy, other patients, patient care areas or patient information may not be photographed or filmed.
  - Photography and filming will not be permitted during some care procedures.
- If patients are coming in for routine outpatient testing, we will ask any support people who may be with you to wait in the family room or in your vehicle with our goal being to limit the number of people coming and going on the unit.



Once home, we urge you to take care of yourself by limiting physical contact with people outside of your home and by practicing good hygiene, including frequent hand-washing. We know you want to introduce loved ones to the new member of your family, but please consider virtual technology as a way to do so.

We are working to support the safety of all patients and caregivers. We continue to monitor the risk of COVID-19 closely. As situations change, we will make adjustments to our visitor policy. This plan is also developing over time as our ability to obtain timely test results improves.

If you have any questions or concerns, please call the nursing staff of the Sauter Birthing Suite at 603-444-9567. LRH wishes you much joy with your growing family. Thank you for helping to keep our patients, visitors, and caregivers safe.