

COVID-19 Resources for Labor & Delivery

DO I NEED TO BE TESTED FOR COVID-19?

Yes. All patients admitted to labor and delivery will be tested for COVID-19. If you have a scheduled induction or surgery, your test will be completed before admission. If you are admitted from triage, your test will be completed once the decision for admission has been made.

DOES MY SUPPORT PERSON NEED TO BE TESTED FOR COVID-19?

No. However, your support person will be asked about symptoms of COVID-19 daily and have their temperature monitored. If your support person becomes symptomatic, he/she will be asked to leave.

HOW MANY SUPPORT PEOPLE CAN BE WITH ME FOR MY BIRTH?

Carle Foundation Hospital and Carle Richland Memorial

Hospital: At this time, only one person can support you through childbirth and recovery. If that person leaves, he/she will not be allowed to return and another person will not be able to replace him/her. A doula is not allowed in addition to the one support person. Your support person will be provided three meals per day during your stay. However, you may want to bring additional snacks. Bring pillows, changes of clothes, toiletries, or things for comfort.

Carle BroMenn Medical Center: At this time, only one person can support you through childbirth and recovery. If that person leaves, he/she will not be allowed to return and another person will not be able to replace him/her. A doula is allowed in addition to the one support person. Your support person is welcome to purchase meals from the hospital that will be delivered to your room. However, you may want to bring additional snacks. Bring pillows, changes of clothes, toiletries, or things for comfort.

CAN I STILL GET PAIN MEDICATION OR HAVE AN EPIDURAL?

Yes! You can have IV pain medication or an epidural even if you test positive for COVID-19. Nitrous oxide is not being used at this time at Carle Foundation Hospital or Carle Richland Memorial Hospital.

DO I HAVE TO WEAR A MASK THE ENTIRE TIME I'M IN THE HOSPITAL?

Regardless of your COVID-19 test results, all patients and support persons must wear a mask any time staff are in the room.

WHAT HAPPENS IF I TEST POSITIVE FOR COVID-19?

Patients who test positive for COVID-19 will labor in a special room on labor and delivery reserved for COVID patients. Additional bloodwork will be obtained to look for signs of COVID-19 infection. Staff will be wearing masks, a face shield, and gowns while providing your care. If a cesarean delivery is necessary, the support person will be allowed to support you in the operating room as long as the cesarean delivery is under spinal or epidural anesthesia. Patients will be monitored for the development of symptoms before and after birth. After the immediate recovery period, you will be transferred to post-partum with your baby and your support person.

IF I TEST POSITIVE FOR COVID-19, WHAT HAPPENS TO MY BABY?

When the baby is born, early bathing after birth is recommended to remove any virus potentially present on the skin. Babies will be placed in a special crib (isolette) at least six feet away from their mother to decrease their exposure to COVID-19. Mothers should wash their hands or use hand sanitizer prior to touching their newborn. Mothers should also wear a mask while feeding or holding their baby. If a mother decides or needs to pump, she should wash her hands or use hand sanitizer prior to pumping. The World Health Organization, CDC, ACOG, AAP, AAFP, and ACNM all say that COVID-19 infection is not an indication not to breastfeed. Your baby will be tested for COVID-19 at 24 hours of life and again around 48 hours of life. The second test can be obtained at your newborn's first office visit.

WHAT HAPPENS IF I TEST NEGATIVE FOR COVID-19?

There will be no changes from routine care for patients who test negative for COVID-19. Nurses caring for patients who test positive for COVID-19 will not be caring for patients who test negative for COVID-19.

CAN I BREASTFEED MY BABY IF I TEST POSITIVE FOR COVID-19?

Absolutely! The World Health Organization (WHO), the CDC, the American College of Obstetrician-Gynecologists (ACOG), the American Academy of Pediatrics (AAP), the American Academy of Family Physicians (AAFP), the American College of Nurse Midwives (ACNM), and the Academy of Breastfeeding Medicine (ABM) all recommend women with COVID-19 infection provide breastmilk for their babies.

WHAT ARE THE SYMPTOMS OF COVID-19?

According to the CDC, symptoms of COVID-19 include: dry cough, difficulty breathing, fevers, chills, muscle pains, headache, sore throat, and new loss of taste or smell.

WHAT HAPPENS AFTER I'M DISCHARGED AND I HAVE COVID-19?

Mothers with COVID-19 should isolate when possible from their infants and other family members until 10 days after your positive COVID-19 test if you do not have symptoms -OR- 10 days after symptoms first appeared AND 24 hours with no fever without fever reducing medications, AND symptoms of COVID-19 are improving. Mothers should continue to isolate between feedings and wear masks and wash hands whenever feeding and providing care to their newborn.

CAN I RECEIVE THE COVID-19 VACCINE WHEN IT IS AVAILABLE?

Yes. The COVID-19 vaccine is not a live virus. The CDC, ACOG, SMFM, and ABM have supported the use of the COVID-19 vaccine in pregnant and breastfeeding patients.

HOW DO I REACH SOMEONE IN THE EVENT OF AN EMERGENCY?

If you are concerned you have symptoms of COVID-19, call the Carle COVID-19 Hotline at (217) 902-6100.

If you are concerned about pregnancy or post-partum complications such as bleeding, headaches, vision changes, changes in fetal movement, call your OB provider during the day or after hours call Labor & Delivery at:

- Carle Foundation Hospital: (217) 383-3305
- Carle BroMenn Medical Center: (309) 452-6667
- Carle Richland Memorial Hospital: (618) 392-1131

If you are concerned about your newborn, call your newborn provider during the day or after hours call the patient advisory nurse at (217) 383-3233.