



Whitehorse General Hospital Maternity Unit COVID-19 Safety Measures

Having a baby is an exciting life event and we look forward to having you come visit us soon. Yukon's hospitals are taking extra precautions to maintain a safe level of services and ensure care is available to those who need it most. As a result, you will see some extra safety measures on the maternity unit during the COVID-19 pandemic. These precautions help keep all patients, staff and visitors safe.

- Maternity patients are permitted one **support person** on the unit with them. Support persons are different from visitors. For a full list of definitions, visit yukonhospitals.ca/covid-19-updates
- Depending on current hospital visitor requirements, your support person may need to stay in the room with you for your entire stay and will not be permitted to leave the hospital and come back. If this is the case, food will be provided for them. If your support person is not fully vaccinated against COVID-19, this rule will apply regardless of other visitor requirements.
 - Depending on the COVID-19 rates in the Yukon, patients may be routinely tested for COVID-19 on admission. Please read below to understand how this could impact your care if you do not get tested when it is recommended.
 - Staff will wear personal protective equipment (PPE) when caring for you – this may include a mask, eye protection, gloves and/or gown.
 - You and your support person will be asked to wear a medical grade mask at all times when a health care team member is in your room with you.
- If you choose not to be tested for COVID-19 when it is recommended, there are important impacts on how care is provided that you need to understand:
 - Without a negative test, we must assume you could be infected with COVID-19 and will take all necessary precautions to ensure the safety of patients and staff. This means you will be placed on contact-droplet isolation to reduce the risk of spreading the virus. This type of isolation requires staff to wear extra personal protective equipment (PPE) including gowns, masks, and eye protection. You must also wear a medical grade mask any time a health care worker is in your room, including during labour.
 - It takes approximately one minute for each staff member to put on PPE. This process and these precautions will be adhered to at all times.
 - You will need to stay in your room at all times during your admission.
 - Your support person will not be permitted to come and go from the hospital. They must stay in the room with you at all times. Smoke breaks are not permitted for the support person.
 - If you require a Cesarean section (C-section), your support person will not be permitted to accompany you to the Operating Room.

Note: Information accurate for January 18, 2022 and subject to change

- **If you test positive for COVID-19:**
 - You will be allowed one healthy support person, who is fully vaccinated and has not been asked to self-isolate by Yukon Communicable Disease Control (YCDC). It is likely that household contacts also have COVID-19 and may be instructed to isolate as directed by YCDC. If this is the case you will need to find another support person who is not from your household if you would like to have someone with you in hospital. If there is no alternate support person, you will be supported by a maternity nurse and your care provider.
 - Your fully vaccinated support person will be tested for COVID-19 upon arrival.
 - You and your support person will be expected to remain masked at all times. The support person will need to wear an N95 mask (supplied by maternity unit staff).
 - If you require delivery by Cesarean section it will be determined by your health care team, and the urgency of the situation, whether or not your support person can accompany you to the Operating Room.

What can I do right now to prepare for my upcoming delivery?

- ✓ Get vaccinated to prevent COVID-19 infection – visit pregnancyinfo.ca/covid for more information.
- ✓ If you or your support person are experiencing symptoms of COVID-19, get tested. Call 811 or visit Yukon.ca to book a test.
- ✓ Make plans for who will be tending to other children, pets, and regular responsibilities while you are in the hospital.
- ✓ If you or your support person are a smoker or use tobacco products, discuss nicotine replacement options with your health care provider.
- ✓ Speak with your health care provider if you have any questions.