



# CONSIDERATIONS FOR GIVING BIRTH DURING THE COVID-19 PANDEMIC

*Get to know the new policies in your chosen birth place*

Many pandemic policies have been made with the best of intentions - however, if there are new rules that could cause harm or prevent your unique needs from being met, now is the time to ask more questions, figure out your options, and look into requesting accommodations if necessary to have a safe and equitable birth experience

## OUT-OF-HOSPITAL BIRTH

- How many support persons (ie: partner(s), doulas, loved ones) are welcome? What PPE are they required to bring?
- Is there a policy re: mask use for the birthing person during labour? During pushing?
- If a transfer to hospital was required or requested, where would you go? If there is more than one option (ie: closest hospital for an absolute emergency vs. the hospital at which your midwives have privileges) consider getting familiar with the policies at both locations
- In what circumstances would care be transferred to the OB team? Would your midwives remain with you?

**CONSIDER DOCUMENTING YOUR PREFERENCES AND PLANS A, B, AND C IN A WRITTEN ADVOCACY PLAN (BIRTH PLAN) TO SHARE WITH YOUR BIRTH SUPPORT AND HEALTHCARE TEAM**

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## HOSPITAL BIRTH

- Hospital policies may be changing often and are not always shared publicly online. **Call the Labour & Delivery Unit directly to get the most up-to-date information**
- Is there a policy re: mask use for the birthing person during labour? During pushing? How about during a C-section?
- What are the criteria for being considered a "person under investigation" (PUI) for COVID? What happens if symptoms develop during labour? (ie: fever from epidural?)
- Under what circumstances would the hospital deny a birth support person to a patient?
- What are the avenues to request a time-sensitive appeal should your support person be turned away? (ie: access office, patient relations, Charge Nurse, L&D social worker?) Detail this info in your Advocacy Plan



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not professional / health / legal advice