

What changes can I expect at the Foothills Hospital?

All patients and support people will be screened and provided with a medical-grade mask at the main entrance of the hospital. You do NOT need to check in at the Emergency desk. Please proceed directly to Unit 51 on the 5th floor of the Foothills Hospital.

What can I expect during labor? (Unit 51)

1. **Only ONE Designated Family/Support person** will be allowed to accompany you. Your support person may be screened and verified to see if they are authorized to enter the site.
2. The designated support person is encouraged NOT to leave the unit once you are admitted. This is to minimize the risk of exposure for all.
3. Kitchen access: Maternity Patients and their support person do not have access to the patient kitchen. Patients will be provided juice, milk and individually wrapped sandwiches, cheese and apple slices. We will no longer be providing toast, yogurt, or any other food that require handling or utensils. As always, support people are not provided with food so please plan accordingly. There are food outlets open on the main floor of the hospital but plan to pack a few extra snacks to decrease the amount of time outside of your assigned room.

Masking during Labor:

1. Your **Support person** is expected to wear a mask for the duration of their time in the hospital and will be screened for Covid symptoms several times throughout their stay. If you have questions or concerns about Covid-19 in the hospital talk to your prenatal physician or nurse.
2. **Laboring Mothers** are expected to wear a mask into the hospital. Once you are in a private room, you will be encouraged to wear a mask when possible but we realize this is difficult. Plan on having a conversation about wearing a mask in labor with your nurse and physician. Most patients are not wearing a mask during active labor.

What should I take to the hospital?

Only a small purse, small carry-on size bag and a small cooler are allowed into the labour and delivery room – to minimize possible exposure, for you, your partner as well as staff and our team. Please do NOT take car seats, back packs or large luggage into the hospital at this time. Please leave these belongings at home or in the car. After your baby has arrived, you will be moved from a labor room (Unit 51) to a postpartum room on Unit 52. You may bring the car seat and an additional bag to this room.

After the baby is born: Who can visit? Patients may designate **ONLY ONE** Family/Support person while admitted. **All visitors in acute care or outpatient facilities must:**

- Continuously wear a mask that covers the nose and mouth while inside the facility (even at your partners bedside).
- Remain in the patient's room as much as possible and minimize movement throughout the facility.
- **NO children** are allowed to visit during the pandemic.

Your support person must be feeling well on the date/time of visit and MUST have completed the AHS Prescreening Tool. Please do NOT come to the hospital if you are waiting for a Covid test result or have been exposed to anyone with Covid-19 symptoms within the last 14 days.