

What can I expect at the Foothills Hospital?

Updated April 9, 2022

All patients and support people will be screened when they enter the hospital. Please wear a mask when you come. You may be asked to replace your mask with one from 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.

1. Who is allowed to come to the hospital with me? Am I allowed to have visitors after the baby is born? What does my designated support persons need to know? Please see [Designated Support Person Access in Maternity](#)
2. Your support person(s) may be screened and verified to see if they are authorized to enter the site. If your support person has been exposed to a positive case of COVID, please talk to your physician and ask about obtaining an exemption prior to hospital arrival.
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. At this point in time, support people will not have access to any hospital food and are **not allowed to leave the hospital and then return while their partner is in labor**. Please plan accordingly by packing a few extra snacks.

Masking during Labor:

1. Your **Support person** is expected to wear a mask for the duration of their time in the hospital.
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 post-partum 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? Only the two designated support persons may visit you after the baby is born. **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 10 days.