

Patient FAQ regarding LDR Universal Covid19 Testing

Dear Patient,

Due to an increasing prevalence of COVID-19 cases in our community we have made some changes to our testing protocols and policies for the Maternal Child Health Department. On July 22nd we recommended that all patients admitted for delivery be tested with a rapid PCR test for COVID-19.

The following FAQs are intended to help you better understand our updated Covid-19 universal testing protocol. Changes to policies or procedures may occur in response to changes in the prevalence or incidence of Covid-19 in our community.

These policies were established to ensure the safety of you, your family and the Hoag staff caring for you. We appreciate your cooperation and understanding as we navigate these extraordinary times.

Here are some FAQs about this process.

What will happen if my test is negative?

If your COVID-19 test result is negative, you may remove your mask while in your room for comfort during the labor process. Hoag nursing staff will continue to wear a mask and eye protection when in your room. We request that you and your support person wear a mask in the presence of any health care worker as part of our universal precautions and in the small chance the test was a false negative.

What will happen if my test is positive?

If your COVID-19 test result is positive, you will be placed in isolation and all healthcare workers will wear personal protective equipment (PPE) when entering your room. We will help you make decisions about reducing exposure to your baby and alterations for breastfeeding.

There is a potential risk of Covid-19 transmission to the newborn via contact with infectious respiratory secretions from the mother, caregiver, or other person with Covid-19 infection, including just before the individual develops symptoms when viral replication may be high. As such, all caregivers should practice infection prevention and control measures (i.e., wearing a mask, practicing [hand hygiene](#)) before and while caring for a newborn. .

Mothers with a positive Covid-19 test result may feel uncomfortable with this potential risk. Ideally, each mother and her healthcare providers should discuss whether she would like her newborn to be cared for in her room or a separate location if she is suspected or confirmed of having COVID-19 after weighing the considerations listed below. Healthcare providers will respect mom's autonomy in the medical decision-making process.

Considerations for discussions on whether a newborn should remain in the mother's room include:

- Mothers who room-in with their newborn can more easily learn and respond to their feeding cues, which helps establish breastfeeding and promotes mother-infant bonding. Breastfeeding reduces morbidity and mortality for both mothers and their infants. Mothers who choose to breastfeed should take measures, including wearing a mask and practicing [hand hygiene](#), to minimize the risk of virus transmission while feeding. When not breastfeeding, maintaining a physical distance of ≥ 6 feet between the mother and newborn should be done when feasible.
- Rooming-in promotes family-centered care and can allow for parent education about newborn care and infection prevention and infection control practices.
- Separation may be necessary for mothers who are too ill to care for their infants or who need higher levels of care away from the mother-baby unit.
- Separation may be necessary for newborns at higher risk for severe illness (e.g., preterm infants, infants with underlying medical conditions, infants needing higher levels of care, such as in the Neonatal Intensive Care Unit).
- Separation in order to reduce the risk of transmission from a mother with suspected or confirmed Covid-19 to her newborn may not be necessary if the newborn tests positive for Covid-19.

If you decide on complete separation, you stay in one room and your baby stays in a separate room. Visitation of the infant will not be allowed by either a Covid-19 positive mother or their significant other, as the partner will be presumed to be positive. iPads are available if you wish to view your baby on a live camera. Staff will provide you with frequent updates on your baby and will fully educate you on discharge instructions and how to care for baby at home using standard safety precautions.

A healthy caregiver, who is not at [increased risk for severe illness](#), using appropriate infection prevention precautions (e.g., wearing a mask, practicing [hand hygiene](#)), may visit and provide care for the newborn, if possible (e.g. a proxy or surrogate for the presumed and Covid-19+ parents)

If you decide to room-in with your baby, your baby will be placed in an isolette a minimum of 6 feet away from you in the room. Staff will provide safety instructions (hand washing, wearing a mask.) so that you may safely continue to breastfeed or pump and hold your baby. Your designated support person must also remain in the room and wear their mask for the duration of your stay to help you care for your newborn. Staff will provide discharge instructions on how to care for baby at home using standard safety precautions.

After the baby has been discharged, a circumcision may be done by your pediatrician in their office. Newborn hearing screening will be performed in the outpatient setting at a designated location in the

510 Superior Building at the Hoag Newport Beach Health Center. One of our newborn hospitalists or your pediatrician will review your options, as you share in the decisions regarding infant care and breastfeeding.

Will I be able to have a support person with me during my hospital stay?

Prior to the COVID-19 pandemic we encouraged our delivering mothers to involve as many loved ones in the process as they felt comfortable. Currently, we are limiting visitation to a single support person who is carefully screened with health questions and temperature measurement upon entering the hospital. This individual, chosen by the you, will be asked to minimize travel outside of your hospital room and must wear a mask at all times while inside the hospital, including in your labor and postpartum rooms.

The Café and Cafeteria are for Hoag employees, hospital staff and physicians – no visitors or patients are allowed in these areas. The support person or visitor may order food from the cafeteria to be delivered directly to the patient's room.

In addition to your chosen support person, a doula is allowed to support you during labor and delivery. They must be asymptomatic and pass the screening process on entry to the hospital facility. They will be required to present a proof of letter of agreement or contract for their service with you. They also will be required to wear a mask at all times while in the hospital including when hospital personnel are present in your room.

In the event you test positive for COVID-19 (and you are asymptomatic), your support person will be presumed positive and will be asked to remain in the room with you for the duration of your hospital stay. Your support person may order food from the cafeteria and pay via credit card.

If you have symptoms of Covid-19 and test positive using the rapid PCR test, you will be placed in isolation and no visitors will be allowed.

If the support person is symptomatic, or is known COVID-19 positive, they will not be permitted to enter the hospital and must stay home until after the CDC-determined isolation period (varies from 10-21 days depending on the severity of the illness). Additionally, if the support person becomes symptomatic while in the hospital, he/she will be asked to leave and stay home during the CDC-determined isolation period.

In the event you need to deliver via cesarean birth and you require, or may possibly require, intubation for general anesthesia we will not be able to permit a support person in the operating room.

If I test positive, will my baby also be tested?

Yes, it is recommended that all babies of Covid-19 positive mothers also be tested. This will be done with a nasopharyngeal swab at 24 and 48 hours after delivery.

What other changes will I be expected to perform?

Social distancing, respiratory etiquette, and hand hygiene are the most effective methods of reducing transmission. Please be sure to wear your mask and maintain a six-foot distance when any hospital personnel, physicians or midwives are present in your room. Additionally, when you are checking into the hospital (or being discharged) you will be required to wear your mask in hallways and all other areas within the hospital facility.

What will happen if I decline to have testing?

If you do not have any symptoms of Covid-19 (fever, loss of taste and/or smell, cough, sniffles, sore throat) and decline to undergo testing on admission for delivery, we presume you are negative. We will continue to use universal precautions and request you and your support person to wear a mask during your hospital stay whenever outside of your patient room or when healthcare personnel enter your room.

Will I have a repeat test?

If, during your stay with us, you develop symptoms suggestive of COVID-19, we will recommend repeat testing. The test will not be repeated for confirmation nor upon patient request. Tests are not able to be performed on visitors, partners or members of the labor support team. There are many types of tests available in the community and tests from facilities outside of Hoag will not be accepted as proof of being Covid-19 negative or to document prior infection or immunity.