

November 25, 2020

Dear Saddleback Medical Center obstetric (maternity) patients,

During these unprecedented times, we thank you for doing your part to help prevent the spread of COVID-19. You're protecting your family, your friends and the community by practicing social distancing. While you are protecting others, please remember to care for yourself and your baby by continuing to plan to deliver at the hospital. Please be assured, the hospital remains the safest place to do so, and we are here for you.

While we plan for perfect deliveries and healthy babies, our on-site advanced Level III Neonatal Intensive Care Unit (NICU) gives you peace of mind knowing that, should the need arise, we can provide immediate, advanced care for your newborn. Additionally, we have Perinatologist available – physicians who specialize in high-risk pregnancies.

To balance your (and your newborn's) safety and well-being, together with retaining the joyful experience of the miracle of birth, The Women's Hospital at Saddleback Medical Center is requesting your help in maintaining the following visitor restrictions during your stay:

- Visitors to the **Labor, Delivery, Recovery, Postpartum (LDRP)** unit are limited to one (1) healthy support person 18 years or older per hospital stay. Please note, this will be the same person throughout your admission and the duration of your hospital stay. This person is to "shelter in place" during your hospital stay – meaning they must stay in your room for the duration of your stay.
- Visitors to our **Neonatal Intensive Care Unit (NICU)** will be limited to two (2) parents/legal guardians that are hospital ID banded.
- As an additional precaution to protect the health of you, your newborn and your partner, our Newborn Nursery will be closed.

To help protect the health of our patients and prospective patients, we are offering the following classes online only until further notice:

- *Preparation for Childbirth*
- *New Baby Care*
- *Vaginal Birth After Cesarean (VBAC)*
- *Breastfeeding Basics*

Please visit [memorialcare.org/SBBabyClasses](https://www.memorialcare.org/SBBabyClasses) to register. An email address is required. Once registered, you will receive an email confirmation with the Zoom class code and password. Please check your junk folder if you do not receive the email in your inbox.

- *Hello Baby: Your Birth, Your Way (Virtual) Tour*
Please visit [memorialcare.org/SBBabyTours](https://www.memorialcare.org/SBBabyTours)

Throughout the day, our staff monitor the most up-to-date Centers for Disease Control & Prevention (CDC) information related to COVID-19, and we apologize ahead of time if we need to adjust the above precautions to adhere to updated best practices. Your health and safety remain our top priorities.

If you have any questions, please call (949) 452-BABY (452-2229).

The Women's Hospital at Saddleback Medical Center