



Ottawa Birth and
Wellness Centre
Centre de naissance et
de bien-être d'Ottawa

COVID-19 Guidelines for Extra Support People

It is so good to have you back! Please use the following guidelines to make your time at the OBWC as safe as possible for you, our clients, midwives, and staff.

These guidelines are intended for use by extra support persons (friends, family members, doulas) and are not intended for the client's primary birth partner. At this time, children under 18 are **not** permitted to visit the Birth Centre.

Screening

- You will be screened by a midwife on your arrival. This consists of having your temperature taken and answering screening questions.
- Please do not come to the birth center if you:
 - Have you travelled outside of Canada in the past 14 days.
 - Have any sign or symptoms of infection.
 - Have had close contact with someone who tested positive, or you yourself have been tested and are waiting for test results or have tested positive for COVID-19 within the past 14 days.

**We understand that it would be extremely difficult to miss out on your loved one's/friend's/ client's birth because of one of these symptoms, but any possible exposure might stop us from being able to serve Ottawa's birthing people. So please, help us to keep our clients safe and the birth centre open.*

Stay home if you are unwell.

Arriving at the Birth Centre

- Masks are **required** for all support people and midwives. A cloth mask is acceptable but all masks must cover your mouth and nose. Masks are **advised** for clients in labour.
- If the birthing person is being assessed by their midwife before admitting you will need to wait before arriving to the centre as our assessment rooms are not large enough to accommodate more than 3 people. (Client, midwife, & birth partner).
- If the birthing person has been assessed at home and going straight to a birth room please try to arrive at the same time as them.
- When you enter use the hand sanitizer provided to thoroughly disinfect your hands.
- Proceed to the birth room with the client without delaying in common areas.
- At this time, children under 18 are not permitted to visit the Birth Centre.

During the birth

- We recommend that you wear a mask in the birth rooms at all times as it may be difficult to maintain 2 meters.
- You are expected to remain in the birthing room except when using the washrooms or when on the patio with the birthing person.
- At this time, there are no in/out privileges. Please bring everything you need for the duration of your stay at the centre.
- Common areas are closed for use at this time. You will **not** be permitted to leave the birth room to smoke, eat, or to make phone calls, so please plan accordingly.
- Perform hand hygiene often, especially whenever exiting or entering the birthing suite and before and after applying and removing your mask.
- A mask must be worn whenever moving through the hallways.
- Maintain a physical distance of 2m (6 ft) from other people wherever possible.

In the event of a situation requiring OBWC staff or paramedic help:

- In the event of an emergency, you will be asked to leave the room to make space for OBWC staff and any incoming paramedics. At this point, you will be asked to wait in the Family Lounge or to depart the OBWC.