

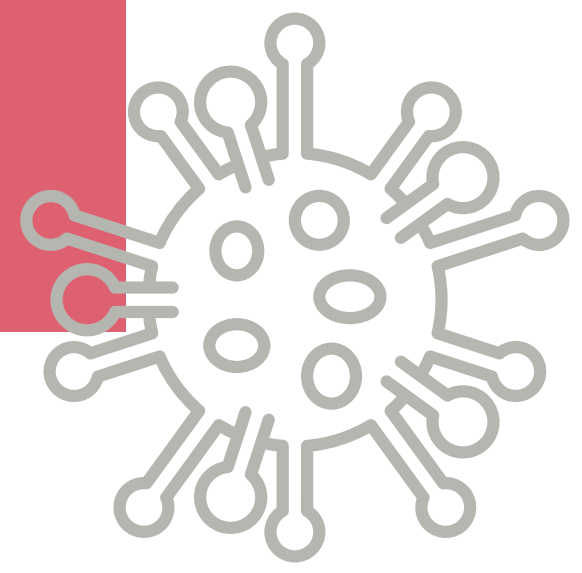


Ottawa Birth and
Wellness Centre

Centre de naissance et
de bien-être d'Ottawa

OBWC COVID-19 POLICIES

DECEMBER 2021



Our Covid-19 policies at the OBWC continue to evolve in response to changing guidelines and recommendations from Public Health Officials and our regulators at the Independent Health Facility branch of the Ministry of Health and Long-Term Care.

Please find the latest COVID-19 policy updates effective December 31st, 2021.

BEFORE ARRIVING

Symptomatic clients and Children under the age of 14 are not permitted entry into the birthing facility at this time.

Clients and one Primary Support Person are exempt from verifying their vaccination status, Visitors (any additional persons) must provide proof of vaccination to the accompanying midwife upon entry to the OBWC to be marked on the COVID Screening Tool

Please do not come to the birth centre if you:

- Have travelled outside of Canada in the past 14 days and received isolation requirements as per the ArriveCan app
- Have been advised to isolate by public health or a Primary Care Provider following exposure or infection
- Have any sign or symptoms of infection such as:
 - Fever/Chills
 - Cough or barking cough
 - Shortness of breath, difficulty breathing
 - Decrease sense or loss of taste or smell
 - Muscle aches and joint pain
 - Extreme fatigue or tiredness
 - Headache
 - Sore throat
 - Runny or stuff/congested nose
 - Nausea, vomiting and/or diarrhea

UPON ARRIVAL

Routine Screening is in place at the OBWC. Nasal Rapid Antigen Testing is available to all persons using the OBWC on a voluntary basis. A consent form must be signed prior to administration. A procedure will be provided.

- Masks are required in all common spaces at the OBWC
- Perform hand hygiene upon arrival and complete the screening (Including temperature check) at the COVID-19 station.
- Maintain a physical distance of 2m (6 ft) from other people wherever possible.
- Clients and support persons are advised to stay in their birth suite upon admission
- The family lounge is currently closed for use by families at this time
- Public washrooms and an outdoor patio space are available for use

BIRTHING SUITES

- Birthing suites accommodate 6 people maximum (Including Midwives, students, etc.)
- Please continue to use hand hygiene often in birthing suites
- Assessment Rooms accommodate 3 people maximum
- Mask wearing is recommended and strongly encouraged at all times
- Discuss further safety measures with your midwife
- During your stay, OBWC staff will bring you food, coffee and supplies as needed

