

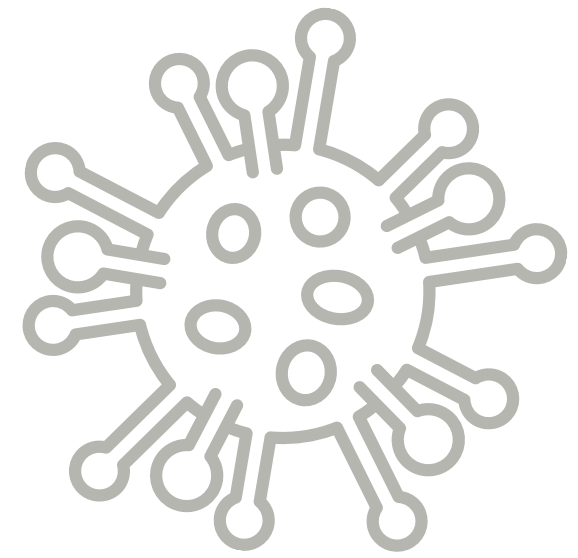


Ottawa Birth and
Wellness Centre

Centre de naissance et
de bien-être d'Ottawa

OBWC COVID-19 POLICIES

JUNE 2022



Throughout the COVID-19 pandemic, the OBWC has maintained policies in line with the community standards set by our partner organizations and Ottawa Public Health. As such, we are updating our policies in recognition of the changing landscape in our community.

Please find the latest COVID-19 policy updates effective June 17th 2022.

BEFORE ARRIVING

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

Clients, support people and visitors are **exempt** from verifying their vaccination status. Only staff members and health care professionals must provide proof of vaccination before entry to the OBWC.

Please inform your midwife 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

Your midwife will then determine your eligibility to the OBWC

UPON ARRIVAL

A Passive 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 and will be available upon entry**
- Perform hand hygiene upon arrival
- The family lounge is currently **open** for use by families at this time. This space can accommodate up to 3 additional people per birthing suite. Therefore, a birthing person can invite up to 3 additional guests that would stay in the Family Lounge during the birth.
- Public washrooms and an outdoor patio space are available for use

BIRTHING SUITES

- Suggested maximum amount of 6 people per birthing suites (Including Midwives, students, etc.)
- Suggested maximum amount of 3 people per assessment room
- Please continue to use hand hygiene often in birthing suites
- Mask wearing is recommended and strongly encouraged at all times
- Discuss further safety measures with your midwife
- During your stay, OBWC staff will be available to answer questions and help you with anything you need.

