

## We believe every birth is a miracle, and every miracle deserves the best.

Our Birthplace gives expectant moms everything they deserve – from spacious, home-like birthing suites to 24/7 access to specialized care.

COVID-19 has created much uncertainty and questions about pregnancy and birth. We are here to answer your questions so you can concentrate on yourself and your baby before, during and after delivery.



### **Q. Will I be tested for COVID-19 before I deliver?**

#### Unscheduled Delivery

**A.** Yes. You will be tested for COVID-19 when you are in labor and admitted to the Birthplace.

**Note:** If you arrive to the Birthplace in labor and are admitted, the COVID-19 test used will be processed at CHI St. Alexius Health, resulting in a quicker turn-around time of 1-4 hours for results.

#### Patients with Scheduled Delivery

**A.** Yes. If you are scheduled for an induction or c-section you will be tested for COVID-19 within 96 hours of your scheduled delivery.

**Note:** For a scheduled delivery, the COVID-19 test used will be sent to the North Dakota Department of Health (NDDoH) in Bismarck for processing. At times, the test results may come back “unknown”. If this occurs, a second test will need to be completed upon admission to the Labor and Delivery Unit and processed at CHI St. Alexius Health. You will receive test results within 1-4 hours.

### **Q. Why are different COVID-19 tests used?**

**A.** A number of testing options are available. CHI St. Alexius Health prioritizes their use to ensure adequate supply of available resources.

### **Q. What if I test positive for COVID-19?**

**A.** An individualized plan will be discussed with your health care providers to ensure the safest delivery of care for you and your newborn. This discussion can occur at any time during your pregnancy. Support persons are welcome in the Birthplace however, the following precautions are in place for patients and support persons:

- » Both are required to stay in the patient’s room from arrival until discharge.

- Masks are required for duration of stay.

- » Support person is required to stay for the duration of the patient’s stay. Re-entry is not allowed.

### **Q. Will my newborn be taken away from me if I test positive?**

**A.** No. An individualized plan will be discussed with your health care providers to ensure the safest delivery of care for you and your newborn. This discussion can occur at any time during your pregnancy. Your providers will share current isolation guidelines recommended by the Centers of Disease Control and Prevention (CDC) to ensure you understand and are comfortable with the risks and benefits of your newborn rooming with you during your stay at the Birthplace.

### **Q. Will my stay or my baby’s stay at the hospital be extended if I test positive for COVID-19?**

**A.** No. Your COVID-19 positive test will not change how we care for you or your baby. Discharge is based on medical stability, not based on COVID-19 test results. CHI St. Alexius Health will follow standard discharge processes and discharge you and your baby as recommended by your health care providers. Upon discharge we encourage you to follow the recommended NDDoH and CDC guidelines for social distancing and frequent hygiene to minimize the transmission of the virus.

### **Q. Will my support person be tested for COVID?**

**A.** No. However, if the support person has tested positive for COVID-19 and is currently following quarantine guidelines, developed by the NDDoH, they cannot provide face-to-face support to you during your labor. Virtual support is encouraged or you can select an alternate support person.