



Birthing Center Visitation Guidelines

Duke University Hospital and Duke Regional Hospital recognize the importance of having continuous labor support for mothers during the birthing process. During the COVID-19 pandemic, the hospital is committed to enabling this support in a safe manner.

COVID-19 Visitation Guidelines During Labor/Delivery/Postpartum:

All women admitted to the labor and delivery units are encouraged to undergo COVID-19 testing.

COVID-19 Negative Patients

Patients who are confirmed as COVID-19 negative will be allowed one (1) designated support person to stay with them during labor and delivery. The support person will be required to:

- Undergo screening for exposure or symptoms of COVID at point of entry.
- Wear a mask for the duration of their visit.
- Sanitize hands when entering or leaving patient's room.

COVID-19 Positive Patients OR COVID-19 Unknown

Patients who are confirmed to have COVID-19 or have not been tested will be allowed one (1) designated support person to stay with them during labor and delivery. The support person will be required to:

- Undergo screening for exposure or symptoms of COVID-19 at point of entry to the hospital and by unit staff each morning of their stay.

If at any time the support person begins to exhibit symptoms of COVID-19, they will be asked to seek medical care, if needed and will need to leave the hospital and isolate in their home.

- Wear a surgical mask, yellow gown, gloves and shoe covers.
- Maintain at least 6-foot distance from staff as much as possible.
- Remain restricted to the patient's room. If the support person chooses to leave the room, they will not be allowed re-entry.

Cesarean Delivery in All Patients

Should a patient require Cesarean delivery, the one (1) designated support person is required to:

- Wait in patient's room until brought to operating room by staff.
- Remove personal protective equipment (PPE) prior to entering operating room and don appropriate PPE for the operating room as directed by staff.
- Follow direction of Anesthesia/ Obstetrics/ Nursing staff at all times.
- Maintain social distancing standard of 6 feet from staff as much as possible.



COVID-19 Guidance for Mother/Infant Separation and Visitation

Duke University Hospital and Duke Regional hospital are dedicated to helping mothers and infants feel as comfortable and safe as possible. Our provider team will encourage mothers to make an informed decision and choose to practice rooming-in or separation during the duration of their stay.

COVID-19 Guidelines for Rooming-In:

Some mothers with COVID-19 may choose to stay with their infants during the duration of their stay. In these cases, mother, support person and infant will remain confined to the patient room and will be required to follow recommended guidelines, including:

- Bassinette should be kept 6 feet from mother's bed, ideally with curtain in place.
- Preceding infant contact, mother and support person should wash hands and don surgical mask.
- If breastfeeding or practicing skin-to-skin contact, mother should wear a mask. Mothers who are coughing frequently should discuss infection prevention strategies with the staff.

COVID-19 Guidelines for Separation:

Some COVID-19 positive mothers may elect to separate from their infants during their recovery in the hospital. In these cases, the following guidelines are required based on infant health:

Newborns Requiring Routine Care:

- Newborns will be admitted as a Person Under Investigation until COVID-19 test results are confirmed.
- Infant will be allowed (1) caregiver who will be confined to patient's room.
The mother's designated support person may choose to leave the mother at this point and become the infant's caregiver as long as they remain asymptomatic. The designated support person will be confined to the infant's room and not allowed to return to mother's room.
- Mask, gown and gloves will be worn in newborn's room.
- Mother will be encouraged to express breastmilk which will be fed to infant by support person or staff member.

For Newborns Requiring Intensive or Special Nursery Care:

- Infants will be admitted to isolation room until COVID-19 test results confirmed.
- Infant will be allowed (1) visitor.
The mother's designated support person may choose to leave the mother at this point and become the infant's visitor as long as they remain asymptomatic. The designated support person will be confined to the infant's room during visits and not allowed to return to mother's room.
- See [Pediatric Visitation Guidelines](#) for appropriate PPE (gown, gloves, surgical mask and shoe covers).
- Mother will be encouraged to express breastmilk which will be fed to infant by staff member.
- If mother meets COVID-19 clearance guidance, mother may visit infant.
- All visitors should comply with DUHS Visitation Policy which includes washing hands and wearing masks prior to visiting patients.