

HAVING A BABY DURING COVID-19

Policies may be different at your place of birth and may change as the pandemic evolves. Your health and your baby's health are a priority. Hospitals and birthing centres are safe places. Your health care team is here to help.

For Me

- Health Card.
- Pen and paper.
- Underwear.
- Toiletries (toothbrush, hairbrush, lip balm, hairdryer etc.).
- Sanitary pads.
- Nightgown, slippers and robe.
- Loose fitting clothes.
- Hospital registration card (if you have).
- Phone numbers for friends & family.
- Camera.
- Phone and charger.
- Light reading.
- Your favourite music.

For My Baby

- Approved car seat.
- Clothes and hat.
- Diapers and wipes.
- Thin blanket.
- Warm blanket (for winter).

Important Reminder

Call my care providers about additional preparations at my birthplace.

For My Support Person

Pack enough for the entire stay. Labour and birth can last 24 hours or more.

The stay after a cesarean birth can be a few days.

- Pajamas or comfortable clothes.
- Toiletries.
- Food that will keep well.
- Drinks.
- Medication.
- Nicotine patches or gum (if needed).
- Money for parking (if needed).
- Money for vending machines or hospital cafeteria (if open).
- Cell phone and charger.
- Book and music.

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Congratulations on welcoming a new baby!

Having a baby can be an exciting, intense or stressful time in people's lives.

Hospitals and birth centres in Ontario have put extra policies in place to help keep you and your baby safe during the COVID-19 pandemic. It is best to go to your planned birth-place where care providers and your health records are available.

Policies may be different at your place of birth and may change as the pandemic evolves. Your health and your baby's health are a priority. Hospitals and birthing centres are safe places. Your health care team is here to help.

To reduce spread of infection, you may only be allowed one support person with you during labour and birth with no substitutes and no visitors.

Your support person can expect:

They may need to wait in a different area during admission.

They will be asked questions to find out if they may have COVID-19. It is important to tell the truth to keep everyone safe. If they have or may have COVID-19, they will not be able to be with you for the birth.

They will need to wear protective equipment. This may include a mask and a gown.

They will need to stay in your room. They will not be able to leave and come back, even for just a few minutes. This is to limit everyone's chances of coming in contact with COVID-19.

They may not be able to stay with you if you have a caesarean birth.

They may not be able to stay long after the birth. The hospital or birth centre will let you know what is possible.

Some additional recommendations:

During your pregnancy, you and your support person should take extra precautions to avoid getting COVID-19. This includes keeping a distance from others and washing your hands often.

Consider having a backup support person in case your support person becomes ill with COVID-19 before the birth.

If you live in a remote community, your support person will need to travel with you to the place of birth. Find out what is possible from your local health authority.

If you are worried about giving birth during the COVID-19 pandemic, talk to your health care provider about mental health supports in your area <https://www.ontario.ca/page/find-mental-health-support>.