



Women's and Children's Baby & Postpartum FAQ

How will COVID-19 impact my baby?

COVID-19 is a new disease and we are still learning how it spreads. Stay informed with the latest health information per the CDC: <https://www.cdc.gov/> COVID-19 and pregnancy specific information may be found here: <https://www.cdc.gov/coronavirus/2019-ncov/needextra-precautions/pregnancy-breastfeeding.html>.

How many visitors are allowed in the NICU?

Given the uncertainty around COVID-19 and the rapidly changing environment, visitor policies are constantly changing. Please refer to your facility webpage for visitor updates.

Can COVID-19 be transmitted through breast milk?

Currently, there is no evidence that COVID-19 transmits through breastmilk. Refer to and follow CDC guidance.

Once I return home, how can I protect my baby from COVID-19?

At this time, there's no vaccine for COVID-19, but there are ways to protect yourself and your baby from exposure to the virus. Once home, we encourage you to limit the number of visitors coming into the home and leverage technology to connect with loved ones (ex: FaceTime, Skype or Zoom).

To avoid infection:

- Stay home when you're sick and avoid people who are sick
- Cover your cough (using your elbow is a good technique)
- Try not to touch your eyes, nose or mouth
- Wash your hands regularly with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer with at least 60 percent alcohol
- Clean and disinfect objects you touch regularly and surfaces using a regular household cleaning spray or wipe. Use hot, soapy water or a dishwasher to wash dishes and utensils.
- Talk to your health care provider about your health and risk of COVID-19

You can find additional information on preventing COVID-19 disease at CDC's Prevention for [2019 Novel Coronavirus](https://www.cdc.gov/coronavirus/2019-ncov/prevent-gettingsick/prevention.html): <https://www.cdc.gov/coronavirus/2019-ncov/prevent-gettingsick/prevention.html>

Please refer to our hospital website as guidance frequency changes.

Women's and Children's Pregnancy Mental Wellness FAQ

What can I do for my physical and mental wellness during pregnancy?



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As information about Coronavirus unfolds, there can be a wide range of thoughts, feelings and reactions.

1. **Get the facts.** Stay informed with the latest health information per the CDC. COVID-19 and pregnancy specific information may be found here: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancybreastfeeding.html>
2. **Keep things in perspective.** Limit worry and agitation by lessening the time you spend watching or listening to upsetting media coverage. Remember to take a break from watching the news and focus on the things that are positive in your life and things you have control over.
3. **Be mindful of your assumptions about others.** Someone who has a cough or a fever does not necessarily have coronavirus. Self-awareness is important in not stigmatizing others in our community.
4. **Stay healthy.** Adopting healthy hygienic habits such as frequently washing your hands with soap and water or an alcohol-based hand sanitizer when soap and water are not available, and certainly after sneezing or before/after touching your face or a sick person. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Avoid touching your eyes, nose and mouth. Avoid contact with others who are sick and stay home when you are sick.
5. **Maintain a healthy daily routine.** Take a shower, eat healthy foods, drink plenty of water and get a good night's sleep. Here are some ways to improve your perinatal mental health: <https://www.wholemamasclub.com/nutrition-perinatal-mental-health/>
 - Start your day with protein
 - Nourish your brain with fish oil
 - Don't stop taking your prenatal supplement, especially if nursing
 - Supplement with additional vitamin D
 - Don't fear fat
 - Don't skip meals
 - Avoid "naked carbs"
 - Consider making a sugar shift
6. **Support your gut.** Consider food sensitivities/allergies.
7. **Keep connected.** Talk to your partner, family and/or friends about how you're feeling. Maintaining social networks can help maintain a sense of normalcy and provide valuable outlets for sharing feelings and relieving stress.



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I'm anxious about COVID-19, who can I talk to?

Know you are not alone. Staying connected with friends and family in a virtual way is important. Reach out, share your story and talk to other expecting and new moms online. Use PSI Support Groups (<https://www.postpartum.net/get-help/psi-online-support-meetings/>) and/or seek additional help. Individuals who feel overwhelming worry or anxiety are encouraged to talk to their obstetrician and may seek additional professional mental health support.

Free Relaxation Apps

Moodfit Whether you're experiencing anxiety, depression, or high levels of stress, Moodfit is designed to help you feel better.

MoodMission recommends 'missions' based on how the user is feeling and each mission can improve mood and coping skills.

Talkspace connects you with a licensed mental health professional so you can receive therapy from your digital devices.

Sanvello teaches mindfulness skills and provides mood and health tracking tools that can be used to improve mental and physical health.

Headspace was started by Andy Puddicombe, a Buddhist monk who made it his mission to teach meditation and mindfulness to as many people as possible.

Happify provides science-based activities and games that are meant to reduce stress, build resilience, and overcome negative thoughts.

Women's and Children's Delivery & Postpartum FAQ

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Given the uncertainty around COVID-19 and the rapidly changing environment, visitor policies are constantly changing. Please refer to your facility webpage for visitor updates.

Can COVID-19 be transmitted through breast milk?

Currently, there is no evidence that COVID-19 transmits through breastmilk. Refer to and follow CDC guidance.

Once I return home, how can I protect my baby from COVID-19?

At this time, there's no vaccine for COVID-19, but there are ways to protect yourself and your baby from exposure to the virus. Once home, we encourage you to limit the number of visitors coming into the home and leverage technology to connect with loved ones (ex: FaceTime, Skype or Zoom).

How will COVID-19 impact my delivery?



COVID-19 is a new disease and we are still learning how it spreads. Stay informed with the latest health information per the CDC. COVID-19 and pregnancy specific information may be found here: <https://www.cdc.gov/coronavirus/2019-ncov/needextra-precautions/pregnancy-breastfeeding.html>.

Is it safe for me to come to the hospital to give birth?

Our hospitals are the safest place to give birth. Extensive precautions are taken with every patient to prevent the spread of infection. Our staff are trained on how best to prevent infection, as well as to be able to provide the labor support and guidance you need during your birth. In addition, we are prepared to respond to any complications that may occur during labor and birth for both healthy women and those that have higher-risk pregnancies.

We are taking every precaution to ensure that both our staff and patients are protected. While much is still being learned about COVID-19, the health and safety of our pregnant patients is and has always been our top priority. Every birth is unique and we will continue to ensure a safe environment for the most important moments in a mother's life.

Before you arrive at the hospital, we want to make you aware of a few additional precautionary steps we are taking at this time. We have a number of screening questions in place for all patients and visitors before entering the building. Again, this is precautionary and helps maintain the safety of all involved, and limits the spread of any potential infectious illnesses. Refer to the facility website for further information.

How will my birth experience be different if I have tested positive for COVID-19?

If you are (or potentially could be) COVID-19 positive when you deliver, your facility will implement the latest CDC guidance to ensure you and your baby are safe. Know that the hospital is still the safest place for you to deliver your baby.

If I am scheduled for an elective induction and have a fever, can I still have my baby?

Contact your healthcare provider for guidance. Your safety is our top priority.

Will I be able to have a support person with me during labor?

Refer to the facility website for policy specifics.

Can I FaceTime during my labor or use another App?

Please refer to our hospital website as guidance frequency changes. We know this is an important experience to share with family. We encourage you to use your personal device and connect with loved ones not able to be with you in the hospital. If your support person is feeling under-the weather or you want a 2nd support person, you can FaceTime with them through your own device (no video).

I have other kids—what do I do about them when I am in the hospital?



Children are not allowed in the hospital at this time. It is important for you to make safe childcare plans for your children, as well as backup plans in case the person you had planned to watch your children gets sick.

What plans should I make now in case the hospital system is overwhelmed when it is time for me to deliver?

We are constantly updating our hospital procedures to continue offering a safe environment for your birth experience. Please refer to our website for the most up-to-date policies.