

Dear patients and families,

We know that many pregnant patients are worried about COVID-19 and how the virus might affect their health and their baby. Your Maternal, Newborn and Paediatric Care team at North York General Hospital (NYGH) is working very hard to decrease risks to you and your baby during your pregnancy, and to provide you the information that we currently have about COVID-19 and pregnancy.

Feeling unwell?

If you are feeling unwell with a fever (greater than 38 degrees Celsius), have a cough, difficulty breathing and/or are concerned that you may have had exposure to COVID-19, please proceed to book an appointment at the NYGH [Assessment Centre](#).

If your concerns are **not** related to COVID-19 and you are **less than 20 weeks'** pregnant or you have a medical concern for which you would normally go to the Emergency Department, please go directly to the nearest Emergency Department.

When asked about symptoms of COVID-19, it's important you please answer all of the questions as accurately and as truthfully as possible. Your care will not be compromised in any way if you have symptoms or if we suspect you may have COVID-19. By answering honestly, it will allow your health care team to ensure that everyone is prepared to provide you and your family with the best care that is safest for you and your baby.

Pregnancy concerns?

Please use the instructions below if you have any pregnancy related concerns and you are **more than 20 weeks pregnant** (even if you are in self-isolation or quarantine at home).

If your concerns are **non-urgent** during regular business hours:

- Please contact your care provider for your pregnancy to discuss the next steps in your care.
- As many providers have reduced their office hours in an effort to reduce the spread of COVID-19, if you are unable to reach your provider, please contact North York General's Birthing Suites 416-756-6441 and a nurse will complete a telephone questionnaire and discuss the next steps in your care

If your concerns are **urgent** or they occur after regular business hours:

- Please contact North York General's Birthing Suites 416-756-6441 and a nurse will complete a telephone questionnaire and discuss the next steps in your care.
- If you are a patient of a Midwife, please page your midwife.
- Advice may include:
 - a. staying home
 - b. seeing your family physician
 - c. booking an appointment at a COVID-19 Assessment Centre or visiting the Emergency Department or
 - d. coming to the Birthing Suites for an assessment

If you are experiencing a medical emergency, go to the Emergency Department, regardless of how far along you are in your pregnancy.

Entering the hospital

If you are coming to NYGH, please note that because of COVID-19 and to keep patients and families safe, our entrances and exits have been restricted and we have implemented a screening process upon entry.

- **Enter** via the South Entrance, ground level by the parking garage, and proceed up to the 2nd Floor Birthing Suites (L&D)
- **Exit** via the West Exit, Level 1 facing Leslie Street

Upon entry to the hospital, you and your single (1) support person will be provided with an approved, three-layer mask. The mask is to be worn over your mouth and nose, at all times. If you have symptoms of COVID-19 and you are instructed to come to the Birthing Suites, on arrival to the Birthing Suites, please push the button on the intercom located on the wall just outside of the main entrance to the birthing suites and inform us that you called with symptoms. We ask you to please clean your hands and we will escort you into the unit.

One well support person

Patients will only be allowed **one dedicated well support person** during their triage visit, their stay in the Birthing Suites (L&D) and on their inpatient stay the Mother and Baby Unit (Post-Partum, 2W). There will be no in and out privileges for support people once the patient is admitted into the birthing suites. This is to decrease the risk of infection for all parents, babies and families. The one designated support person will be given a wristband during the inpatient admission process and, is to wear it for the duration of the stay. Please bring all of your belongings that you and your support person might need for the duration of your stay. Please refer to our [Updated Visitor Policy Information Sheet](#) for the Maternal and Newborn Program, for further details.

Some important facts we want our patients to know, if they have COVID-19:

Toronto Public Health has developed a specific fact sheet entitled 'COVID-19, Pregnancy, Breastfeeding and Infant Care', which can be [accessed online](#).