

COVID-19 (Coronavirus)

Update for the weeks of 6/1-6/12



Seattle
Obstetrics & Gynecology Group
OB/GYN

We know that many of our patients are feeling vulnerable right now, and there is vast and conflicting information available which can be confusing to navigate. To that end, this fact sheet is designed to give you the most up-to-date information possible about the policies and procedures that are being implemented here at Seattle OB/GYN Group and at Swedish Hospital, as well as general information about the virus and what we know about how it impacts pregnant women, infants, and all of our patients. This information represents the current state of these policies and procedures as of the date listed above, and this may change as the situation unfolds over the next few weeks and months. Please check for an updated fact sheet with each visit or follow our Facebook page for updates. Your family's health is our number one priority.

Seattle OB/GYN Group:

- **DO NOT COME TO THE OFFICE IF YOU HAVE FEVER, COUGH OR SHORTNESS OF BREATH OR HAVE LOST YOUR SENSE OF SMELL OR TASTE.** Reschedule your appointment. All patients will be screened for symptoms upon arrival to the clinic.
- Visitor Policy: **Patients are asked NOT to bring visitors with them to their appointments.** We will be happy to accommodate phone conferencing or FaceTime calls in order to include your family in your appointments.
- Face Covering Policy: **All patients are required to wear a mask or face covering (scarf, bandana, etc).**
- Seattle OBGYN Group caregivers have initiated a policy of **Universal Masking** in order to best protect you, your family, and our staff. Staff are also being screened for fever and symptoms twice daily. We are disinfecting surfaces regularly and working to help our staff work from home as much as possible.
- Seattle OBGYN Group has re-opened their schedules to include non-urgent appointments. We still have virtual visits available to address some of your more routine concerns that do not require a detailed physical exam (for example: contraceptive counseling, family planning, follow-up on medications, etc). **If you have an urgent medical need that requires a physical visit to our office, just let our staff know about this issue and your appointment will be accommodated.**

Swedish Medical Center:

- Childbirth preparation classes:
 - In person childbirth preparation classes and tours have been cancelled. There are online options available, please see the Swedish Childbirth website for more info: <https://www.swedish.org/classes>
- Swedish Hospital has adopted a **Universal Masking** policy. This means that caregivers have the option to wear a mask at all times for their own personal safety.
- Women with COVID-19 symptoms in labor:
 - **Women who present to the hospital in labor who have symptoms will be screened for COVID-19. Newborns will be isolated from mothers as well as all of their potentially exposed contacts.**

- If the mother tests negative for COVID-19, the infant will be returned to her care.
- If the mother tests positive for COVID-19, it is recommended that they infant be isolated from the mother for 14 days. This can be done in the hospital nursery, or the infant can be discharged to the care of a family member or friend who has no COVID-19 symptoms and who has not been in contact with the mother for the past 14 days.
- **There is a specific, completely separate Labor and Delivery Unit that has been isolated for COVID-19 positive patients and for patients under observation for possible COVID- 19 symptoms.**
- Visitor Policy:
 - **Women in labor can be supported by their partner as well as a single doula/support person.** These people must plan to remain with the pregnant patient in their room the duration of her labor (no coming and going from the hospital). **No visitors who have symptoms** of fever, cough or shortness of breath will be allowed.
 - **No casual visitors (family and friends) and no visitors who are under the age of 18.**
- Food:
 - Visitors will not be allowed to come and go from a patient's room. Delivery of outside food will not be allowed. Please plan to **order food** from the hospital nutrition services team, or plan ahead and **bring food** that you and your support them may need in labor and during your recovery.
- Elective surgeries:
 - All elective outpatient and inpatient surgeries planned at Swedish Hospital have been cancelled.
 - Scheduled cesarean sections will continue as planned. Asymptomatic partners will continue to be allowed in surgery for scheduled c-sections.

COVID-19 Pregnancy Information

- At this time, very little is known about COVID-19, particularly related to its effect on pregnant women and infants. There currently are **no recommendations specific to pregnant women** regarding the evaluation or management of COVID-19.
- Currently available data on COVID-19 does not indicate that pregnant women are at increased risk. However, **pregnant women are known to be at greater risk of other respiratory infections** such as influenza and SARS-CoV. As such, pregnant women should be considered an at-risk population for COVID-19.
- COVID-19 is **not currently known to cause birth defects** like some other viruses can (eg: Zika). Adverse infant outcomes, such as preterm birth, have been reported among infants born to mothers positive for COVID-19 during pregnancy. However, this information is based on limited data and it is not clear that these outcomes were related to maternal infection.
- Currently it is unclear if COVID-19 can cross through the placenta to the fetus. In limited recent case series of infants born to mothers infected with COVID-19 published in the peer-reviewed literature, none of the infants have

tested positive for COVID-19. At this time it is unclear if the COVID-19 virus can be transmitted to the infant through breastfeeding.

Community Efforts to minimize spread

- **Social distancing is strongly recommended** at this time: Avoid crowds and reduce close personal contact.
 - Patients who have the option to **work from home** should make every effort to do so.
 - **Stay home as much as possible.** Avoid playdates, playgrounds and large groups of people.
- **Hand-washing** remains the best and most effective way to limit exposure.
 - Wash with soap and water or hand sanitizer for 20 seconds.
 - Do not touch your eyes, nose, or mouth with unwashed hands.
- **We recommend limit or cancel all non-essential air travel, especially to areas with outbreaks.**
 - Information about travel: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- Currently the **risk of exposure to COVID-19 is not a qualifying medical risk** to mandate disability/stopping work prior to your due date. We encourage you to work with your employer to find ways to limit opportunities for exposure (ie: separated work spaces, alternate work hours etc).

If you are worried that you may have COVID-19.

- If you have symptoms **and were exposed to a confirmed** COVID-19 patient- call your PCP and, in King County, the Novel Coronavirus Call Center at 206-477-3977 or the State Coronavirus Hotline at 800-525-0127.
- If you have symptoms and **don't know if you were exposed**, stay home in strict quarantine and quarantine yourself from family members as much as possible. Check out the Swedish Hospital Coronavirus Self Assessment tool at: <https://www.swedish.org/patient-visitor-info/coronavirus-advisory>. Treat at home with rest, hydration, self care. It is absolutely fine to take tylenol for fever in pregnancy. See our Seattle OB/GYN website for other medication questions. DO NOT go to the ER or Urgent Care unless directed by a medical professional.