

# Pregnancy and COVID-19

Information to Help Your Patients **3.25.20 1624**

As always, your patient's experience, comfort and safety are our top priority. Being pregnant and bringing a new life into the world can be emotional and stressful even in more normal circumstances and is likely heightened now with COVID-19. Spectrum Health is committed to helping prevent the spread of COVID-19 to keep patients and team members safe, in both our outpatient and inpatient settings.

## Key points to share with your pregnant patients:

- Pregnant women should do the same things as the general public to avoid infection: hand hygiene, social distancing and avoiding those who are sick. Your risk of a serious illness related to COVID-19 is the same as the general population.
- Spectrum Health medical practices and hospitals are still the safest place for pregnant mothers to receive care and deliver their babies.
  - Risks with home birth include 3 times the risk of intrapartum death (1.3 home birth compared to 0.4 hospital birth) and almost 5 times the risk of neonatal death (0.76 home birth compared to 0.17 hospital birth).
- We continue to provide the high-quality care we are known for to women coming to our hospitals to give birth.
- Do not delay going into the hospital when you are in active labor. This means contractions that last at least 45 to 60 seconds and occur about every 5 minutes over an hour-long period.
- Spectrum Health hospitals are prepared to care for women who are pregnant and severely ill with COVID-19. We have a plan to isolate COVID-19 pregnant patients from other patients.
- There is currently no evidence that pregnant woman with COVID-19 can pass the virus that causes COVID-19 to her fetus or baby during pregnancy or delivery or is transmitted to breast milk.
- We are restricting visitors; our maternity patient visitor policy (effective March 25, 2020) includes:
  - Ambulatory – General OB/GYN: No visitors
  - Ambulatory – Maternal Fetal Medicine: One visitor
  - Hospital – One visitor
- CareCircle.com/SpectrumHealth is a free resource patients can use to provide updates on their health and share private information with a select audience rather than traditional social media.

Information from the CDC on COVID-19, pregnancy and breastfeeding:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html>

Information from Spectrum Health obstetric specialists:  
[healthbeat.spectrumhealth.org/covid-19-and-pregnancy/](https://healthbeat.spectrumhealth.org/covid-19-and-pregnancy/)

## Arrival at Our Hospitals for Labor and Delivery

Our labor and delivery teams across the region are here and ready to support moms, their delivery partner and new baby. With limited entry points into our facilities, please have your patients use the following entrances when they arrive for delivery:

- Butterworth Hospital
  - Parking: Ramp 6 off Ransom Avenue

- Entrance: Women's Center entrance, at the corner of Ransom Avenue and Crescent Street
- Big Rapids Hospital
  - Parking: North ER lot off Locust Street
  - Entrance: ER entrance only
- United Hospital: The main hospital entrance from weekdays from 6:30 a.m. to 8 p.m., ER entrance nights and weekends
- Ludington Hospital: ER entrance only
- Gerber Hospital: ER entrance only
- Pennock Hospital: ER entrance only
- Zeeland Hospital: Either the ER entrance or the main entrance, both are open 24/7

### **Ways We Are Protecting All Patients and Team Members**

We are working to support and protect all patients and team members in numerous ways:

- Screening at or before points of entry in our facilities:
  - All Spectrum Health medical staff and team members must be assessed for COVID-19 symptoms before they can work any shift in our facilities.
  - We have limited entrance points at all locations, and all patients and visitors will be screened for symptoms at point of entry.
- Increased virtual visits and consolidating offices: We are transitioning the majority of our medical teams to be able to see patients through a virtual visit. We are also consolidating offices and reducing the number of our primary care and specialty care locations that will see patients face to face.
- Restricting visitors: No visitors are allowed except in special circumstances. We allow one approved visitor in special situations involving patients undergoing surgery and pediatric, maternity, end of life or critically ill patients.
- Following recommended guidelines: We are monitoring and revising our practices based on the latest testing, isolation, cleaning and PPE guidelines from the CDC and WHO.
- Social distancing: All team members have been directed to work remotely from home if their role allows.