

Pregnancy and COVID-19 – Information to Help Your Patients, December 5, 2020 1644

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Document reviewed: 12.5.20

As always, the patient experience, comfort and safety are top priority. Being pregnant and bringing a new life into the world can be emotional and stressful even in normal circumstances and is likely heightened 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 public to avoid infection: hand hygiene, social distancing and avoiding those who are sick. **The risk of a serious illness related to COVID-19 is higher for pregnant women than the general population.**
- Spectrum Health is still the safest place for pregnant mothers to receive care and deliver 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 high-quality care to women coming to our hospitals to give birth.
- Do not delay going into the hospital when 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 pass the virus that causes COVID-19 to her fetus or baby during pregnancy, delivery or is transmitted by breast milk.
- We are restricting visitors; our visitor policy may be found at <https://www.spectrumhealth.org/covid19/family-and-visitor-restrictions>
- CareCircle.com/SpectrumHealth is a free resource a patient may use to provide updates on their health and share private information 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/

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 are assessed for COVID-19 symptoms before they can work 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
- “Spectrum Health is continually evaluating visitor restrictions to keep our staff, patients, and community safe. For the most up to date restrictions please see <https://www.spectrumhealth.org/covid19>”
- 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.