

# Showing Compassion & Sharing Expectations

Shared & Adapted from Johns Hopkins

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We are **grateful for your trust** and we **promise** to take great care of you and your family.

We will be there for you at this difficult time. These are unprecedented times but **we also want this to be a joyous event** for your family!

**You are the most important person to be masked.** This not only protects you and your family but also our staff who is at great risk. **We insist that your mask be on when a healthcare worker is in the room even though this may be uncomfortable.** It may save our lives.

We will support you in labor and ask as much as you can to keep staff safe by **minimizing respiratory droplets** (avoiding spitting).

**We urge you to consider early epidural even if it wasn't part of your birth plan.** Pain control may lower the risk of coughing and may actually make it easier for you to breathe. We encourage you to consider epidural early on in labor because if cesarean delivery is necessary, and epidural will lower the risk of needing a breathing tube which could become life threatening.

We will do everything to avoid a cesarean section for you. **We especially need to avoid an urgent or "stat" cesarean delivery for you as this would become life threatening.** Know that if we recommend cesarean delivery it is **only** because we think it is the safest way for your baby to be born.

We will respond quickly to your calls for help. One of the ways to prevent us from catching this virus and spreading it to others is to have all our protective equipment on properly. This can take some time to put on correctly and in order to arrive safely to you, **it may take longer than you would otherwise expect.**

Birth will always continue to be a beautiful, life altering, and meaningful experience. It is very unnatural for us to have to treat it in this sterile, covered, protective environment. **We wish it were not this way but we are willing to do whatever it takes to keep you and your family safe.**

It may be very emotionally difficult to be physically separated (6 feet apart) from your new baby immediately after birth. **This separation is temporary.** This goes against everything we have previously worked to achieve which is close mother-baby contact. We do this under recommendations from national organizations like the CDC and take these recommendations very seriously. The purpose of immediate and temporary separation is to reduce the risk of transmission of the virus from you to the baby.

**If breastfeeding is important to you we will absolutely support this.** We can teach you to pump milk, or use hygiene precautions before and after breastfeeding.

**We are almost certain that your newborn baby will be born without the virus.** Despite this, the neonatology team will treat your baby as if she/he has it, temporarily, but this is to make sure that we keep your baby as safe as possible.