



DELIVERED BY:

Allina Health

Children's  
MINNESOTA

# Updated Support Person Guidelines

During the COVID-19 outbreak, our commitment is to continue to offer expectant mothers and babies exactly what they deserve: expert guidance, top-level safety, exceptional care, respect, and empathy. To provide the safest environment for expectant mothers, babies, support people, and our staff, we have created support person guidelines to help expectant mothers know what to expect during their labor, delivery and hospital stay.

**MOTHER BABY CENTER PATIENTS\***: May have one well support person during the entire hospital stay

**Please note:** A trained doula\*\* is considered a labor support team member and may be present in addition to the one well support person. All support people must be over 18 years old (or by compassionate exception).

## SUPPORT PERSON GUIDELINES

1. Upon hospital arrival, you and your support person(s) will have a wellness check. This includes answering a few questions. If your support person is COVID positive, he/she will not be able to join you in the hospital. Please see note below for more details regarding an alternate support person.
2. Masks for you and your support person are required during your hospital stay. Please bring masks from home or masks will be provided. Masks **must** be worn when a hospital staff member enters your room or when you or your support person are outside of your room.
3. For your safety, you and your support person are strongly encouraged to stay in your room during your hospital stay. If you tested positive for COVID-19, your support person must stay in your room. Note: Covid positive patients will not be allowed to have a doula in the hospital. Your doula may join you virtually via phone or video.

**Please note:** In the event your support person is not able to stay, an alternate support person may join you. Your new support person will need to follow the same guidelines as mentioned above.

*\*Patients on non-maternity units, should follow unit-specific visiting guidelines*

*\*\* Upon entry, all doulas must show a copy of their doula training certificate, along with photo ID and/or badge*