

Inpatient management of Asymptomatic and Symptomatic COVID patients
FAQs for patient questions
Version 3. 4/23/20

Why UCSF health is testing all patients who are admitted and undergoing certain procedures?

- A subset of patients with COVID-19 will not manifest obvious symptoms or may remain asymptomatic
- Other patients may be in the pre-symptomatic phase for the 1-2 days before symptoms begin
- This approach is safer than not testing because it will identify infected patients earlier and allow for prompt isolation, contact tracing, and prevent spread
- We anticipate that the rate of COVID-19 among asymptomatic women is very low (<1%) and thus we will be able to more comfortably care for these women and use appropriate protection.

Which pregnant patients are being tested?

- All patients who are being admitted to the UCSF Birth Center
- Patients having any planned procedures at the UCSF Birth Center

Will newborns be tested for COVID-19 under the new Asymptomatic testing guidelines?

- Newborns born to COVID-negative and asymptomatic COVID test pending mothers should not be tested for COVID-19 in the absence of symptoms.
- If a mother has a COVID positive test, the newborn will be tested twice for COVID-19 within the first 48 hours of birth

How long does it take for test to come back?

- If collected as an outpatient – ~72-96 hours
- If collected as an inpatient – ~6-24 hours

Who will collect the test?

- If collected as an outpatient – A trained provider at a Respiratory Screening Clinic. You will receive a phone call from our clinic about 5 to 7 days before your planned admission with clear instructions and an appointment of where to go to have your test collected.
- If collected as an inpatient – Any labor and delivery provider (MD attending, CNM attending, NPs, Fellows & Residents). This will be collected at the time of your admission.

What are the masking requirements for patients and visitors?

- If the patient has not had COVID testing completed or if their test is pending, we are recommending that the patient wear a surgical mask during their entire hospital stay (including the 2nd stage of labor)
- Once a patient has had a negative COVID test completed (as long as it has been within a week), she can stop wearing her surgical mask
- If a patient has a positive COVID test or has symptoms concerning for COVID with a pending test (PUI), recommend wearing a surgical mask at all times
- We require that visitors wear a hospital-provided mask for the entire hospital stay

What is the visitor policy for Labor and Delivery?

- All patients can have **one** single visitor during their entire hospital stay including labor and postpartum (cannot have infectious symptoms themselves). If a visitor begins to experience symptoms, they will be asked to leave immediately
- All patients and visitors will be screened for respiratory symptoms upon entrance to the hospital
- Patients and visitors cannot walk through the hallways, enter shared spaces (ie. pantry) or patios

What is the policy for visitors of COVID positive patients?

- They cannot have had exposure to someone who is COVID positive for the past 14 days (per UCSF screening policy)
- Restricted to patient's room, not to enter common spaces including cafeteria
- Uses patient bathroom
- Single person for entire stay
- Hand-washing often

What happens to visitors of a COVID positive patient if a patient needs a cesarean section?

- We will follow our normal Labor and Delivery protocols for visitor presence in cesarean deliveries.

What are the ICN/Neonatology guidelines about babies born to COVID positive mothers?

- The CDC recommends that all infants born to mothers with suspected/confirmed COVID19 be considered a person under investigation (PUI) and temporarily separated into their own isolation room, whether they are acting sick with other NICU issues (e.g., prematurity) or not.
 - To be effective, should be ASAP after birth, so counseling before birth will be important
- The Pediatric team will counsel the patient about this recommendation. They will also discuss Co-localization (see below)
- Colocalization ("rooming in")
 - See next section for definition.
 - We currently offer the option for mothers to colocalize with their newborn.
 - If a mother is suspected to have COVID postpartum, after mother and baby have already come in contact, the colocalization plan will be the recommended management until mother's status is cleared or mother/baby are discharged.
 - If a mother admitted to UCSF MB declines the recommendation for separate isolation at birth, this will be documented in the patient's chart by the pediatrics team

What is Co-localization?

- The CDC website described colocation ("rooming in"):
 - 1. Consider using engineering controls like physical barriers (e.g., a curtain between the mother and newborn) and keeping the newborn ≥ 6 feet away from the ill mother.
 - 2. If no other healthy adult is present in the room to care for the newborn, a mother who has confirmed COVID-19 or is a PUI should put on a facemask and practice hand

hygiene before each feeding or other close contact with her newborn. The facemask should remain in place during contact with the newborn. These practices should continue while the mother is on transmission-based precautions in a healthcare facility

What are breast feeding recommendations if patients are COVID positive?

- UCSF Birth Center still promotes breast feeding and feeding with expressed breast milk
- While the mother is hospitalized and if she is separated from her infant, we recommend that mothers express breast milk with a manual or electric breast pump.
- The mother should follow guidelines for proper hygiene before touching any pump or bottle parts with each use (i.e., hand washing, skin prep, wiping down of equipment before and after pumping).
- Pumped maternal milk should be stored in the refrigerators in each baby's isolation room, rather than risk cross contamination in the milk tech room/shared refrigerators and freezers.
- Milk can be stored for up to 2 days then separate freezer options will be provided.
- If a COVID positive patient chooses to directly breast, we recommend mother wear a surgical mask, wear a clean gown, perform good hand and breast hygiene prior to feeding the baby.

What happens to a visitors if a patient's COVID test comes back positive during her inpatient stay?

- Unfortunately, visitors who have been co-habiting with the patient will be asked to leave the Birth Center at that time as they would have had exposure to a patient who is COVID positive. The chances of this happening is very very low.
- If this occurs, you will be allowed to bring in another visitor as long as that person meets all of the UCSF screening criteria (ie. they have not been in contact with the patient for the past 14 days).