

Visitors Guidance for Maternity

In line with national NHS guidance and our ongoing commitment to support pregnant people and their families we are introducing additional visiting access to our maternity services in a structured and considered way to maintain the safety of all those who access our services and our staff.

Who can visit?

One nominated birth partner from admission to hospital until discharge.

Second nominated birth partner (invited to attend by the first nominated birth partner) during established labour and may then visit for a **one** hour timeslot daily, which must be pre-booked in advance.

The second birth partner is not interchangeable with other family members or friends, unless the primary birth partner chooses to leave the ward and then they can visit in place of, not in addition to, the second birth partner.

The nominated birth partner(s) will be allocated wristbands for ease of birth partner identification. The wristband(s) will remain in situation until the patient is discharged from hospital.

How long is my visit?

Postnatal visits will be for one hour and at a pre-arranged time. We need all visitors to keep to their hour to maintain social distancing and give all patients the opportunity to have their nominated person visit. When arranging your visit, we need you to provide your contact details which we are required to keep a record of for 21 days and provide data to NHS Test and Trace if requested.

How should I prepare for my visit?

Please follow national guidance when travelling to and from the hospital to minimise the risk of exposure to the virus.

Please bring as few belongings as possible eg bags to minimise the risk of infection.

Please do not visit if you are unwell, have a new continuous cough or a temperature $\geq 37.8^{\circ}\text{C}$ or less of, or change in, normal sense of smell (anosmia) or taste (ageusia). If you have any of these symptoms please self isolate and contact 119 or arrange a test online via the government website.

What should I expect when I visit the hospital?

You will need to wash your hands at the hospital entrance and wear a mask when you enter the hospital. There are also hand-sanitising points around the hospital - please feel free to use them.

Please follow social distancing guidelines and stay two metres apart from others. Please also consider that this includes the lifts where only one person is allowed at a time, so you may be waiting a little longer or if able may prefer to use the stairs.

What should I expect when I arrive at the ward I am visiting?

You will be provided with the appropriate Personal Protective Equipment (PPE) to wear for your visit by staff. You will be required to wear PPE, if you refuse, you will not be allowed to visit as our patients and staff safety is our priority.

Our staff will support you if you are not clear about how to use PPE safely and please do ask if you are unsure.

Please ensure you tell our staff if you have any allergies to latex.

Please do not touch or remove your face mask while visiting your loved one.

What to do after your visit?

Please take any washing home and we recommend you keep the items in the bag provided for 72 hours and wash separately.

Please go straight home after your visit; please do not visit any other areas of the hospital including restaurants and coffee areas which are currently closed to visitors. Should you receive a positive Covid-19 result, develop Covid-19 symptoms, or are told to isolate from NHS Test and Trace within 48 hours of your last visit to the ward then please communicate this to the ward staff as soon as possible.

Rapid Lateral Flow tests

About one in three people with Coronavirus do not have symptoms but can still infect others. Getting tested regularly is the only way to know if you have the virus. If people test positive and self-isolate it helps stop the virus spreading.

The test for people without Coronavirus symptoms is called a rapid lateral flow test. The tests can give you a result in 30 minutes. They use a device similar to a pregnancy test and do not need to be sent to a lab.

We would encourage you to use lateral flow tests twice a week. The testing kits are now available to request on line at GOV.UK. **The testing kits are not available from the Trust.**

The Gov.uk web site has the arrangements for ordering the kits which are for use by you at home. The kits can be sent to your home, collected from a public testing centre or Pharmacy. You can collect up to two packs of seven tests from a local Pharmacy or test site.

