



# Partners and support people of women accessing maternity care

Coronavirus (COVID-19) update 30 July 2020

## Who should read this?

Pregnant women who are giving birth in Victorian maternity services.

## What is being done to make sure my partner or support person can be with me in hospital, while reducing the risk of spreading Coronavirus (COVID-19)?

All Victorian hospitals follow national standards and guidelines aimed at preventing the spread of infections and keeping patients safe.

Hospitals use [physical distancing guidelines](#) and the [Hospital Visitor Directions](#) to manage who can come into a hospital and how many people can be in a hospital room. Hospitals may impose higher restrictions in order to protect vulnerable people and staff in their particular facility.

## Who is a partner, who is a support person and who is a visitor?

In maternity services your **partner** is your spouse (husband or wife), de-facto, or significant other.

A **support person** is a family member, close friend or doula who you have asked to provide you with support when you are staying in hospital.

**Visitors** are other people, such as your other children, your brothers and sisters, your parents, other extended family and friends.

## Can I bring a partner or support person with me when I am in labour or giving birth?

Your partner **or** support person can come with you and stay with you the whole time, if they are well. They can stay with you after your baby is born for as long as you wish, while you are in the birthing room.

If your partner or support person is unwell, they should stay home. If your partner/support person has been diagnosed with Coronavirus (COVID-19), you should call your hospital for advice.

## Can my partner or support person come with me to pregnancy care appointments?

Your partner or support person can not come with you to **routine** pregnancy care appointments at the hospital. Check with your hospital for their local operating procedures.

Your partner or support person can be with you during a telehealth appointment, if you would like them to be.

## Can my partner or support person come with me to ultrasound scans or other tests?

Your partner or support person can not come with you to **routine** ultrasound scans or other **routine** tests at the hospital. Check with your hospital for their local operating procedures.

## **Can my partner or support person visit me if I am staying in hospital during pregnancy?**

Your partner or support person can visit you during the times set out by your maternity service. Check with your hospital to see what these times are.

## **Can my partner or support person visit me if I am staying in hospital after my baby is born?**

Your partner or support person can visit you during the times set out by your maternity service, for up to two hours. Check with your hospital to see what their visiting times are.

## **Can my partner or support person visit the special care nursery or neonatal intensive care unit?**

Parents can visit their baby in the special care nursery or neonatal intensive care unit. Only one parent/caregiver can visit per baby at a time. There is no time limit on visiting your baby.

## **What should I do if I come into contact with a suspected or confirmed case of Coronavirus (COVID-19)?**

- Ring your hospital, midwife, GP, obstetrician or the coronavirus hotline (1800 675 398).
- Do not go to the hospital or a GP clinic until you have phoned them first for advice.

## **Where can I find out more information?**

- For Victorian updates: [coronavirus.gov.au](https://coronavirus.gov.au)
- For Victorian Hospital Visitor Directions: [www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19](https://www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19)
- For National updates: [health.gov.au/news/latest-information-about-novel-coronavirus](https://health.gov.au/news/latest-information-about-novel-coronavirus)
- For International updates: [who.int/westernpacific/emergencies/novel-coronavirus](https://who.int/westernpacific/emergencies/novel-coronavirus)
- WHO resources: [who.int/health-topics/coronavirus](https://who.int/health-topics/coronavirus)

\*This factsheet is based upon current research and will be continuously updated as new evidence becomes available.

## **If you are concerned please call the coronavirus hotline 1800 675 398**

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