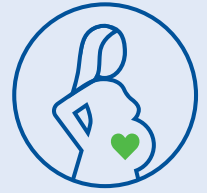


Getting Ready to Deliver Your Baby



At Texas Health, we are committed to providing a safe experience for you and your baby. Here is important information about delivering your baby at a Texas Health hospital.

Arriving at the Hospital

Where do I enter when I arrive?

Access is limited to specific entrances. View your hospital's dedicated building entrances at [TexasHealth.org/FacilityAccess](https://www.texashealth.org/facilityaccess) before arrival, or ask your doctor.

Do I have to wear a mask?

Wearing a mask is optional.

COVID-19 Testing

Will I be tested for COVID-19?

You will be tested for COVID-19 if you have been exposed to COVID-19 or have symptoms of COVID-19, regardless of COVID-19 vaccination status.

May I refuse testing?

COVID-19 can weaken the immune system or cause symptoms that slow healing. It also poses a higher risk of complications for you or your baby. If you refuse to be tested, you will be considered COVID-19 positive for safety reasons. COVID-19 precautions will be taken to protect you, your baby, visitors and staff.

Will my support person(s) be tested for COVID-19?

No. But your support person will be screened each time they enter the hospital.

How much does a test cost?

Coverage varies by plan. Please check with your coverage provider.

During Your Labor and Birth

Will I have to wear a mask during labor and delivery?

Wearing a mask is optional.

Are doulas allowed?

If you do not have COVID-19 or symptoms, a doula who passes COVID-19 screening, is allowed. If you test positive for COVID-19, the doula must leave immediately. Learn more about our visiting guidelines on the reverse side.

Will I be separated from my baby if I have COVID-19?

Texas Health follows guidelines from the American Academy of Pediatrics, American College of OB/GYN, and the Centers for Disease Control for keeping you and your baby safe during your hospital stay. Visitations may be considered for special circumstances.*



Visitor Guidelines

PLEASE NOTE: All visitors must pass COVID-19 screening criteria.

	Non-COVID-19 Patient	COVID-19 Patient (Positive or Suspected Positive)
Labor & Delivery	<ul style="list-style-type: none"> Visitors allowed, including minors younger than 16. A doula is also allowed. No restrictions on visiting hours. 	<p>1 visitor at a time, up to 2 visitors per day for delivery only or up to 2 hours (whichever is longer) and must meet the criteria below. No doula is allowed.</p> <ul style="list-style-type: none"> Wear hospital-provided PPE and face mask at all times. Stay in mother's room at all times. Leave the facility after delivery.
After Delivery (PostPartum)	<ul style="list-style-type: none"> Visitors allowed, including minors younger than 16, within normal visitation hours No restrictions on visiting hours. 	<p>1 visitor at a time, up to 2 visitors per day, for 2 hours each within normal visitation hours.</p> <ul style="list-style-type: none"> Wear hospital-provided PPE and face mask at all times. Stay in patient's room at all times. Follow all hospital staff instructions.

	Non-COVID-19 Parent(s)/Guardian(s)	COVID-19 (Positive or Suspected Positive) Parent(s)/Guardian(s)
Neonatal Intensive Care Unit (NICU)	<ul style="list-style-type: none"> Visitors allowed, including sibling visitors of all ages, within normal visitation hours. Ask care team for visiting hours. 	<ul style="list-style-type: none"> 2 parent(s)/guardian(s) are allowed if: <ul style="list-style-type: none"> - At least 10 days have passed since your first symptom(s) or date of initial positive test AND - At least 24 hours have passed since your last fever without fever-reducing medications AND - Symptoms have improved. If parent(s)/guardian(s) are not able to visit, they may designate 1 visitor who passes COVID-19 screening. Exceptions may be considered for special circumstances.*

Resources



Join the ["Texas Health Moms"](#) or ["Texas Health NICU"](#) Facebook Groups to be a part of the Texas Health Moms community.



Visit [TexasHealth.org](https://www.texashealth.org) to see stories of moms delivering at Texas Health hospitals.



[View or register](#) for online and virtual childbirth classes. In-person classes are also offered on a limited basis at some locations.

For more information, visit [TexasHealth.org/Safety](https://www.texashealth.org/safety).

