

Postpartum Inpatient Visitor Guidelines

As the COVID-19 situation continues to evolve, so will our visitor policy. These changes may be made with limited notice.

We recognize how important visitors/support people are to our patients, and it is our priority to keep patients, staff, and visitors safe. In order to do this, we have put in place visiting restrictions at Unity Health Toronto. Approved visitors are called Essential Care Partners (ECPs) and can include members of a patient's family, community or friends who are already in the patient's social circle.

Please understand that failure to follow these restrictions or other unit rules or abuse of our staff can lead to termination of visiting privileges. We understand this is a stressful time, but we must prioritize patient safety by reducing exposure to COVID-19.

After initial post-birth recovery (2 hours after birth) and during the postpartum stay:

1. All ECPs entering the hospital will be required to show **proof of full vaccination against COVID-19 with photo identification** at the entrance. Exceptions will apply to those with approved medical exemptions.
2. Inpatients will be able to designate 3 ECPs for their hospital stay. To limit the amount of different people entering our hospital, only these 3 designated people will be able to visit the patient during their hospital stay. Please speak with friends and family to decide who these 3 people will be. **You cannot rotate or change these 3 people.**
3. Only 2 ECPs can visit the patient daily, either at the same time, or at different times. Please speak with friends and family to decide who these 2 people will be. We recommend making a daily schedule and sharing it with your 3 ECPs to keep organized.
4. ECPs can visit between 8am to 9pm, and 1 ECP is permitted to stay overnight. All other visitors will be asked to leave at 9pm and return the next day.
5. In order to visit your family member, you **must** be registered as an approved ECP. This can be done by speaking with a member of the clinical team caring for your loved one. It is the ECPs responsibility to confirm if they are in the system before arriving at the hospital. If you arrive at the hospital and are not on the approved ECP list, you will not be permitted to enter the unit.
6. While in hospital visiting, you **must** keep your mask on at all times, even in the hospital room. You are not permitted to eat or drink while you are on the unit, even in the patient room, as this could increase risk of exposure to COVID-19 and other infections. To protect your loved one, please sanitize your hands using the wall sanitizers before entering their room and when leaving the hospital.
7. Take time to read the signs on your loved one's door. To protect them, you may have to wear a gown and gloves before entering the room. Once leaving the room you must take off the gown and gloves, and hand sanitize. There is to be no reusing of gowns and gloves, as this could lead to contamination of the rooms and the potential spread of infections to other patients in our unit.
8. Please do not stand in the hallways or touch the linen/supply carts. If you require assistance or need supplies, ask a staff member or use the call bell.

We thank you in advance for your understanding and support through this challenging time.