



SPECIAL INSTRUCTIONS BIRTH PAVILION

To better guide you

COVID-19 — For the health and safety of both newborns and their families, and in accordance with ministerial directives, certain restrictions have been put in place at the Hôpital Anna-Laberge Birth Pavilion.

Before coming in:

- A telephone evaluation with a nurse is recommended (direct line: **450-699-2463**).
- Prepare all necessary materials for your stay.
- Consult your guide *From Tiny Tot to Toddler from pregnancy to age two* (also available online at www.inspq.qc.ca/en/tiny-tot/pdf-version) in order to prepare yourself.

During the in-person evaluation:

- No accompanying person is permitted.
- You will be asked to complete a COVID-19 questionnaire and your temperature will be taken.

Upon admission:

- Only two accompanying persons 18 and over are permitted.
 - If your accompanying person shows symptoms of COVID-19, it is recommended to be tested even if he or she is vaccinated;
- A COVID-19 test will be performed (24-48h in advance if an induction or an elective c-section is planned). Only the patient will be tested.
- A private room will be assigned to you.
- All the necessary materials for your entire stay must be brought in with you at this time (including the baby seat).



SPECIAL INSTRUCTIONS BIRTH PAVILION

To better guide you

At all times:

- **Wearing a mask** is required in all public areas of the hospital and when staff is present in your room, for the patient and the accompanying person.
- Only the **two identified accompanying persons** are permitted to enter the pavilion. The second accompanying person must have adequate proof of vaccination.
- **No visitors** will be permitted.

During the hospital stay:

- We request that you stay in the room as much as possible.
- If the accompanying person leaves the hospital, he or she will not be able to return.
- Accompanying persons have access to the cafeteria and various delivery services, but no delivery drivers are permitted to enter the pavilion.
- It is not permitted to go outside to smoke. Nicotine patches, chewing gum and other replacement products can be provided for the patient and the accompanying person upon request.
- Only bedding and two pillows will be provided. Please be sure to bring anything extra needed for your comfort.
- The average stay after a vaginal delivery is 24 to 36 hours, and 36 to 48 hours after a caesarean section.
- For breastfeeding support, breast pump materials or nipple shields are for sale if needed. Please be sure to have cash with you in case.

On behalf of the entire team, we sincerely wish you a pleasant stay with us despite these exceptional circumstances.

Signature: _____

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values: compassion, collaboration, commitment, confidence and consistency.