



## WHAT TO BRING TO **YOUR BIRTH** DURING COVID-19

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**REQUIREMENTS: PATIENT AND SUPPORT PERSON WILL BE REQUIRED TO WEAR A MASK DURING THEIR STAY PER HOSPITAL GUIDELINES.**

**1 SUPPORT PERSON ONLY AND MUST BE 16 Y.O. OR OLDER** (THE SUPPORT PERSON WILL NOT BE ABLE TO LEAVE THE HOSPITAL DURING ANY PART OF THE STAY)

### **MINIMAL ITEMS SHOULD BE BROUGHT TO THE HOSPITAL .**

ALL ITEMS SHOULD FIT IN A TRASH BAG WITH THE EXCEPTION OF A BIRTH BALL. YOU WILL BE GIVEN A BAG TO PLACE YOUR ITEMS IN WHEN ENTERING THE HOSPITAL. WE SUGGEST LEAVING YOUR PILLOWS AND BLANKETS AT HOME. ALSO, PLEASE LEAVE YOUR CAR SEAT IN YOUR CAR. AT DISCHARGE, YOUR BABY CAN BE BROUGHT OUT AND PLACED INTO YOUR CAR SEAT IN THE CAR.

**YOU MAY BRING YOUR OWN FOOD IN.** THE PATIENT WILL HAVE FOOD PROVIDED. THE SUPPORT PERSON WILL GET ONE FREE MEAL AND AFTER THAT, FOOD CAN BE DELIVERED FROM THE CAFETERIA FOR \$10 PER MEAL. IF A MEAL IS ORDERED FOR \$10 CASH ONLY WILL BE ACCEPTED, NO CARDS. YOU MUST HAVE THE EXACT CASH AMOUNT DIETARY WILL NOT HAVE CHANGE AVAILABLE. FOOD CAN ALSO BE DELIVERED TO THE FRONT TABLE BY FAMILY OR A FOOD DELIVERY SERVICE, BE BAGGED AT THE DOOR AND THEN WILL BE BROUGHT INTO THE ROOM BY THE STAFF.

FOR MORE INFORMATION CONTACT: THE FMC BIRTH & WELLNESS CENTER  
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