



OBWC COVID-19 procedures

There are many changes occurring in health care due to the ongoing Covid-19 pandemic. We are constantly monitoring recommendations to be as current and evidence-based as possible. We are updating our procedures to continue offering the safest and most up-to-date care, in order to protect our clients, staff, midwives and the community at large.

We understand that these measures are difficult, may change birth plans, and cause stress for families during an already stressful time. We do not take these steps lightly and we hope that we will be able to return to routine, open care as soon as possible.

Please note, the following measures are effective immediately at the OBWC:

- Once you are admitted to a birth room by your midwife, up to 6 people are allowed to be in the room. Included in this number are the birthing person, the birth partner, two midwives, midwifery students, doulas, and extra support people. If you plan to attend a birth at the centre, please read the detailed guidelines posted below *before* coming to centre.
- Masks are **required** for all midwives and support people while inside the centre, and **advised** for all labouring clients.
- At this time, children under the age of 14 are not permitted in the centre during an admission.
- All midwives, clients and support people will be screened for infection as per Public Health guidelines upon entering the building. If you present with any symptoms, you will not be permitted entry into the Birth Centre.
- Midwives and Birth Centre Aides will be wearing appropriate PPE (Personal Protective Equipment) such as masks, visors or goggles, gowns, and gloves when providing care.
- The Ottawa Birth and Wellness Centre will not be offering access to Nitrous Oxide (laughing gas) at this time.

Last updated: July 5, 2021