

An Important Notice to Expectant Mothers and Their Families from the Valley Birthplace at AVH

In addition to measures that Androscoggin Valley Hospital has put in place to safeguard members of the community, the Valley Birthplace at AVH has taken additional measures to protect mothers and newborns from the spread of COVID-19. Our goal is to ensure a healthy transition from pregnancy to delivery.

There has been concern that pregnant patients would not be allowed any support from home, but that is not the case. Currently, each mother is welcome to ONE designated support person during her labor, delivery and postpartum period. We encourage that designated person to plan ahead so that any trips to/from the birthing unit during their stay, except for truly necessary reasons (care of children at home, pets, etc), are minimized. To best minimize the exposure to any outside illness, children, grandparents, other family members, and friends are not allowed to enter the birthing unit at this time. We realize how important it is to have a trusted support person present during labor, but also want to be responsible relative to infection prevention.

Our Food Services Department continues to serve all patients via internal delivery. Although a support person is not currently able to access our Hospital Cafeteria due to its being temporarily closed to members of the public, a guest tray may be brought to the patient's room for \$7.50. There are refrigerators available in every room, and mothers and their support person are welcome to bring in snacks and drinks to have on-hand during their stay.

Please also note that, until further notice, lactation support group meetings and childbirth classes will not meet in-person. As always, should any questions about pregnancy, newborn care, lactation, or any other concern arise, please do not hesitate to call the Valley Birthplace staff at (603) 326-5882. Thank you for your understanding.