



MATERNAL CHILD SERVICES VISITOR GUIDELINES

2025

The California Department of Public Health has dropped the COVID-19 mask and vaccination mandates for health care settings. As of April 3, 2023 health care workers, patients and visitors are no longer required to wear a mask or be vaccinated to work in facilities that include hospitals, urgent care centers and dental and doctors' offices.

San Antonio Regional Hospital Maternal Child developed these for the comfort and safety of our patients and we encourage the presence and participation of families and other partners in care.

General Guidelines

- Visiting privileges may vary depending on the patient's condition and need for rest
- A designated support person may visit patients in the labor and delivery (L&D) and Maternity rooms at any time if patient is in a private room
- Families and other partners in care are welcome 7am-10pm according to patient preference
- All visitors must stop at the main entrance and at the ED entrance after 8:00 pm to check-in and receive a hospital provided ID sticker that must be worn for the duration of the visit
- All visitors must be free of communicable diseases and must respect the hospital's infection prevention policies
- Children supervised by an adult are welcome, and are not restricted by age
- **During the flu season (Nov 1-April 30), children age 14 and under are not permitted to visit**
- We observe Quiet Time every day from 2:00 pm to 4:00 pm. This is a time for parents and babies to bond and rest. In order to provide a quiet, healing environment we encourage visits before and after these times
- Patients in isolation may have separate visitor restrictions

L&D Triage

- If you are here for possible labor or as an outpatient, one designated support person may accompany you
- No children are allowed in this area

Labor, Delivery, and Recovery (LDR) Room

- Once you are admitted in labor, your designated support person may accompany you
- Maximum of two visitors are allowed in your room at a time
- At the time of delivery through the recovery period, your designated support person and one additional visitor may be present as your condition permits

L&D Operating Room (OR) and PACU

- If you require a cesarean section, one designated support person may accompany you to the L&D OR and PACU area as your condition permits

Surrogacy

- Support person(s) will be designated at the discretion of the surrogate and will follow visitor guidelines

Antepartum High-Risk

- If you are experiencing an obstetric or medical issue that requires admission to our antepartum high-risk area your designated support person may accompany you while you are in a private room
- Additional visitors are permitted (without age restriction) if your condition permits
- Maximum of two visitors are allowed in your room at a time
- Children visitors must be accompanied by an adult over 18 years of age (and are not counted in the total visitor number)

Maternity/Postpartum

- During your postpartum stay your designated support person may stay with you continuously as long as you are in a private room
- Additional visitors are permitted (without age restriction) if your condition permits
- Maximum of two visitors are allowed in your room at a time. Children visitors must be accompanied by an adult over 18 years of age (and are not counted in the total visitor number)

Newborn Nursery

- Fathers or significant other may visit in the newborn nursery if the baby is unable to transfer to mother-baby care within the normal timeframe after delivery
- Parents may attend newborn care (ex. Bath, lab draws, phototherapy) in the Newborn Nursery
- Parents may view procedures from the Newborn Nursery viewing window and may be present in the Newborn Nursery during the recovery period (e.g. circumcision)
- The healthcare team on a case-by-case basis can arrange sibling visitation if the baby is receiving monitoring care in the Newborn Nursery and baby's condition permits

Neonatal Intensive Care Unit (NICU)

- If your baby requires care in our NICU, specific visitation guidelines will be reviewed with you during your baby's admission process

San Antonio Regional Hospital is committed to providing you and your family with safe quality care. Thank you for your understanding.