Naval Medical Center Portsmouth

COVID-19

NO VISITOR POLICY

EFFECTIVE APRIL 6, 2020

In alignment with current visitation policies in the local Hampton Roads area and throughout Virginia, NMCP is prohibiting visitors in ALL areas of the facility to include the Branch Health Clinics.

The following areas will allow only ONE (1), healthy adult visitor after an on-site screening:

• Labor and Delivery
• Mother Baby Unit
• Pediatric and Neonatal Patients (Accompanying visitors must be a parent or caregiver).

Thank you for your cooperation and understanding as NMCP continues to ensure the safety of all of you, our patients, staff and our community.
**COVID-19 UPDATE – NO VISITOR POLICY UPDATE**

NMCP and its Branch Health Clinics are further expanding visitor restrictions to prevent potential spread of COVID-19. Due to this rapidly developing situation and community spread of COVID-19, NMCP must take every mitigating measure to protect the health of our patients and our staff.

In alignment with current visitation policies at hospitals in the local Hampton Roads area and throughout Virginia, NMCP is prohibiting visitors across ALL areas of the Medical Center, Branch Health Clinics (BHCs) and Emergency Department effective April 06, 2020.

The following areas will allow only ONE (1) healthy adult visitor after an on-site screening:
- Labor and Delivery
- Mother Baby Unit
- Pediatric and Neonatal Patients (Accompanying visitor must be parent or caregiver.)

Medical providers and nurses will work with families on a case-by-case basis who have special circumstances such as a critically ill or injured family member.

Patients with questions or concerns. Please contact the Quarterdeck if you need assistance at 757 953-5008.

Upon entry to NMCP and BHC’s, patients and visitors should expect screening for respiratory symptoms. Individuals can also screen symptoms at home. The CDC has a self-checker at [https://www.cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html). If you have symptoms, PLEASE STAY HOME and contact the COVID-19 Call Center at 757-953-6200 if eligible beneficiary or proceed to our Emergency Department Drive-thru Care Triage as instructed by our Call Center. If symptoms are severe, please call 911.

Thank you for your cooperation and understanding as NMCP Continue to ensure the safety of all of you, our patients, staff and our community.

AS A REMINDER:

**Know How the Virus Spreads:**
- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.

**Everyone should – Clean your hands often:**
- [Wash your hands](https://www.cdc.gov/coronavirus/2019-ncov/index.html) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

**Avoid close contact:**
- Avoid close contact with people who are sick
- Stay home as much as possible
- Put **distance between yourself and other people**. Remember that some people without symptoms may be able to spread virus. Keeping distance from others is especially important for **people who are at higher risk of getting very sick**.