

Having Your Baby at Inova Women's Hospital



Inova Women's Hospital





Inova Women’s Hospital

At Inova Women’s Hospital, we blend the warmth and comfort of a home-like setting with the expertise, safety and convenience of a full-service hospital. We focus on childbirth as a natural, intimate event to be experienced by you and your family. At the same time, we offer advanced technology and specialized high-risk expertise, in case you or your baby need them.

Inova Women’s Hospital, located on the Inova Fairfax Medical Campus, offers you and your family immediate access to medical resources across its campus, including the region’s only Level IV Neonatal Intensive Care Unit and a full breadth of pediatric services at Inova Children’s Hospital. With a strong emphasis on family-centered care, our commitment is to provide you and your growing family with individualized attention in a comfortable atmosphere.



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Important Phone Numbers

Admissions	703.776.6017
Billing (after discharge)	703.645.2899
Breastfeeding Centers	703.776.6455
Childbirth Tour Registration.	inova.org/childbirthclasses
Class Registration . . .	inova.org/childbirthclasses
Patient Information	703.776.3591
Physician Referral	1.855.My.Inova (1.855.694.6682)

inova.org/ifhchildbirthresources

Step 1: Getting Started

Childbirth Tours

Inova Women’s Hospital offers in-person and virtual childbirth tours. The free, in-person session provides an orientation of the Labor and Delivery Unit, Mother/Baby Unit, the Nursery and support services available to you and your baby during your hospital stay. It also includes information about routine care of your new baby, supplies you should have at home and warning signs of potential problems for mother and baby. Register online at inova.org/childbirthclasses. If you are unable to schedule an in-person tour, you can take a virtual tour of Inova Women’s Hospital by visiting inova.org/childbirth.

Birth, Parenting and Family Education Classes

Inova Women’s Hospital offers a full spectrum of classes through Inova Well that are designed to prepare you and your entire family for your joyous addition. Please visit inova.org/childbirthclasses for information on the many different classes available, including classes for expectant parents, preparing for childbirth, breastfeeding, infant safety and CPR, fitness classes, how to help siblings adjust, the latest safety information for grandparents and more. Learning all you can before your baby’s birth is a great help to you after the baby arrives. Register online inova.org/childbirthclasses.

Resources for Expectant Moms

- **Inova Fetal Care Program** – this program offers coordinated care, community resources and emotional support for women diagnosed with serious complications during pregnancy. Call **703.776.6371** or visit inovachildrens.org/fetalcare for more information.

What To Bring With You To The Hospital

- ☐ Baby’s pediatrician name and phone number
 - ☐ Baby’s name (for birth certificate form)
 - ☐ Check or money order for \$12 for the birth certificate
 - ☐ Insurance card (and prepayment if applicable)
 - ☐ Date of Mom’s last tetanus shot
 - ☐ Tote bag for labor, including:
 - ___ Slippers and a bath robe
 - ___ Camera or video camera (If having cesarean birth, recording of the surgery is prohibited.)
 - ___ Toothbrush and toothpaste
 - ___ Bath soap
 - ___ Eyeglasses or contact lenses
 - ___ Socks
 - ___ Lotion
 - ___ Your birth options plan
 - ☐ Overnight bag for you and baby (please keep it locked in your car until after your baby is born), including:
 - ___ Nightgown or pajamas
 - ___ Nursing bra
 - ___ Cosmetics
 - ___ One “going home” outfit and blanket for baby
 - ___ One loose-fitting “going home” outfit for you
 - ___ Sweatpants or pajamas for the father or adult support person who may spend the night
 - ☐ Infant car seat - While traveling in a vehicle, the law requires that your baby ride in an approved infant car seat that meets current safety standards. It is very important to install the infant car seat before coming to the hospital. For maximum safety, read all instructions that come with the car seat, as well as those in your automobile owner’s manual, to be certain that installation is correct. If you cannot afford a car seat, contact your state’s Department of Motor Vehicles, which can help you obtain a car seat for your newborn.
- Car seats over six years old are considered expired and no longer safe for use. To have your car seat checked by a Certified Child Passenger Safety Technician, call **1.866.732.8243** or visit **www.seatcheck.org**. Avoid purchasing any “after market” products for the car seat.

Step 2: Getting Closer

Choosing a Pediatrician for Your Baby

Inova Women’s Hospital fully supports the Academy of Pediatrics’ recommendation that your baby should have a doctor’s visit within 24 hours of admission and during the first three to five days of life. Please inquire if your baby’s doctor comes to Inova Fairfax Hospital.

When admitted, bring with you the name of your baby’s doctor and their phone number. If you need help selecting a doctor for your baby, contact your insurance company for suggestions of providers who participate in your plan. It is a good idea to call a few offices to find the one who will best fit your needs. To find a pediatrician who practices at Inova Children’s Hospital, visit inova.org/pediatrician.

Childbirth Preadmission Form

For your convenience, we offer an online form that allows you to pre-register for childbirth admission to our hospital. We recommend you complete this form during the fifth month of pregnancy or at least 120 days before your expected delivery date. To access the form, log onto inova.org/childbirth. You will receive an email confirmation after submitting the form. Or, you can complete a paper preadmission form and mail it to us in the same timeframe. We will mail you a postcard confirming your registration.

Insurance and Payments

When we receive your preadmission form, we will verify your insurance information and send a letter only to patients who have financial obligations, such as co-payments, deductibles or out-of-pocket expenses. Before your admission, we will request payment in full of any amount not covered by your insurance.

Please bring your insurance card with you when admitted to the hospital. You should also contact your insurance company before your hospital admission to determine whether precertification is required. The hospital cannot get this precertification for you. Ask your insurance company about length-of-stay and discharge policies.

If you are not insured, we will request prepayment of the estimated bill before you are admitted. Most insurance companies do not automatically enroll newborns. Check with your insurance company to determine what you need to do to obtain insurance coverage for your baby.

For any outstanding payments, a final statement will be mailed to your home after discharge. In addition to cash and checks, we accept Visa, MasterCard and American Express. If you have any billing questions after you return home, call **571.423.5750**.

Step 3: The Big Day

Directions to the Hospital

Via I-495 (Capital Beltway):

From the North (Tyson’s): Take Exit #51 Gallows Road/650. Go straight across Gallows Road. Turn right at the first light onto Wellness Blvd at the GREEN entrance. See parking directions below.

From the South (Alexandria/Springfield): Take Exit #51 Gallows Road/650. At the traffic light at the top of the ramp, turn left onto Gallows Road. Turn left at the third light onto Woodburn Road. Turn right at the first light onto Wellness Blvd at the GREEN entrance. See parking directions below.

Via Rt. 50:

From the West (Fairfax): Exit onto Gallows Road/650. At the top of the ramp, bear to the right onto Gallows Road. Proceed on Gallows Road and turn right at the fourth light onto Woodburn Road. Turn right at the first light onto Wellness Blvd at the GREEN entrance. See parking directions below.

From the East (Washington/Falls Church): Pass under I-495 and exit onto Gallows Road/650. At the light at the top of the ramp, turn left onto Gallows Road. Proceed on Gallows Road and turn right at the fourth light onto Woodburn Road. Turn right at the first light onto Wellness Blvd at the GREEN entrance. See parking directions below.

Arrival at the Hospital

Please use the GREEN hospital entrance located directly off Wellness Blvd. For your convenience, a patient drop-off area and valet parking is immediately outside of Inova Women’s Hospital’s lobby. To park, enter the GREEN parking garage which is available for patients, families and visitors. To check in, proceed to the registration desk just inside the hospital lobby doors. If you are scheduled for a cesarean birth, please arrive at least two hours before your surgery time to allow for registration and preparation for surgery.

Once you register, you’ll proceed to the Labor and Delivery reception desk, located on the first floor in the Women’s building, accessible via the lobby elevators. There you will be greeted and escorted to a private birthing room. (Women having a planned cesarean birth or experiencing complications may be admitted to an examination room or preoperative holding area.)

If you wish, you may have up to five family members or close friends with you during labor and/or birth in your birthing room, including your other children. During birth, children must have a caregiver other than their parents. For Cesarean births, only one support person can be present in the operating room. In

Excellent Amenities

Sometimes we all need a little extra pampering....

Inova Women’s Hospital is designed to accommodate a healing environment that includes: the use of warm, stress-reducing colors and tones to create a serene environment. We enhance the patient experience by offering an array of amenities to show women just how important and special they are.

During your stay, all patients will receive the following complementary amenities:

- Private rooms with natural lighting from oversized windows
- Toiletries (lotion, shampoo, conditioner)
- On-demand room service for every meal
- Hair dryers in every room
- Free parking for significant other/father
- Flat-screen TVs
- WiFi (select “IHSPublic”)
- Personal safe to store valuables
- Afternoon snack cart with an array of healthy snacks and drinks
- Gift bag for mother
- Daily Serenity Time to allow patients to rest or mother/baby bonding
- A place for your spouse/partner to sleep
- Birthing balls available upon request in Labor and Delivery

Amenity packages and a la Carte amenities are available for purchase that include such items as:

- Celebration Gourmet Meal
- Luxurious bed linens and upgraded bath towels
- Spa-inspired robe and slippers
- Muslin baby blanket set from *Aiden and Anais*
- Afternoon tea service

addition, our lobbies on the ground floor and first floor of the Women’s building offer family members and visitors a comfortable place to wait while you are delivering.

Your Birthing Room

Each birthing room has a special birthing bed that adjusts so you can deliver in the position you find most comfortable. Each room is also equipped with its own bathroom/shower, television and telephone. You will be assigned a labor nurse, who is an expert in the care of laboring women. Your nurse can provide you with emotional support, coaching relaxation and breathing techniques.

Electronic Fetal Monitoring

It is our policy to use an electronic fetal monitor to evaluate your baby’s status for 20 minutes upon arrival at the hospital. After that, we follow your doctor’s orders for monitoring. Your physician can answer your questions about electronic fetal monitoring. Ambulatory monitors are available by physician order.

Private Cord Blood Collection

If you wish to have a private cord blood collection at time of delivery, please inform your physician and nurse upon arrival. Cord blood kits are the sole responsibility of the patient and are not furnished by Inova.

Pain During Labor

The pain you experience during labor depends on several factors. There are different strategies you may use alone or in combination to help cope with pain and discomfort.

- ***Specific relaxation and breathing techniques***
- ***Analgesics*** – reduces pain perception and allows breathing and relaxation techniques to become more effective. These are ordered by your physician.
- ***Epidural anesthesia*** – blocks most pain perception; numbs your body from the waist to toes while still allowing movement; requires intravenous (IV) fluid

You can learn more about each of these pain management methods through classes offered by Inova Well. Visit nova.org/childbirthclasses for more information.



Cesarean Birth

Some cesarean births are preplanned because of known medical conditions. Unexpected cesarean births may become necessary during the course of labor, due to complications. A previous cesarean birth is not an automatic reason for a repeat cesarean. Please talk with your physician about your options.

Cesarean birth involves abdominal surgery and is performed in our dedicated women’s operating room located on the first floor of Inova Women’s Hospital. These births are usually done using regional anesthesia, which will enable you to be awake for your baby’s birth. To prepare for your cesarean birth, please follow the instructions listed in the *Preparing for Surgery at Inova Women’s Hospital* brochure.

You will be cared for by a dedicated women’s nurse during your cesarean birth. Your baby’s father or support person is encouraged to be present during the birth. On rare occasions, general anesthesia is used. In this case, you will be asleep, and your support person will be asked to wait outside the delivery room.

Inova Well offers a special class that takes you step-by-step through a cesarean birth — from admission and the role of the support person, to what to expect after birth. Visit nova.org/childbirthclasses for more information.

Step 4: Recovery

Recovery from Birth

During the first hour after birth, you and your baby’s father or support person will have the opportunity to become acquainted with your newborn in the birthing room, or in the recovery room if you had a cesarean birth. Grandparents, siblings or friends may join you, unless you had a cesarean birth.

Mothers are encouraged to begin breastfeeding during this first hour after birth. During this time, newborns are in a “quiet alert” phase and often nurse very well.

During the first hour after delivery, your blood pressure, vaginal bleeding, the firmness of your uterus and your overall well-being will be monitored frequently by your nurse.

Your baby’s temperature, respirations, color and overall condition also will be monitored by your nurse. During this time, your baby will receive an injection of Vitamin K to help ensure normal blood clotting.

Eye ointment is administered to prevent infection (as required by state law).

Neonatal Intensive Care Unit

Our 108-bed, Level IV NICU cares for high-risk infants requiring specialized care and observation.

The NICU is staffed by neonatologists, neonatal nurse practitioners and nurses around-the-clock to care for your baby.

Infant Security

You, your newborn and your support person will be given matching identification bracelets with the same serial number. These will be attached before you or your baby leave Labor and Delivery and go to one of our Family Centered Care Units.

Hospital staff, who are authorized to work with new mothers and infants, wear special photo identification badges. Do not give your baby to anyone (including hospital staff) who does not match the photograph on his or her badge or does not have the special Mother/Baby photo identification badge.

Our Family Centered Care Units have state-of-the-art infant security systems. You will receive information about the system when you arrive on the unit.

Family Centered Care Units

Your new family member has arrived! There is nothing more special than the birth of a new baby and the beginning of your family bonding. Sometimes you will feel exhilarated; other times you may feel exhausted, anxious or even frightened about your new responsibilities. During your brief stay on one of our Family Centered Care Units, you will have opportunities to rest, celebrate and learn how to care for yourself and your new baby.

The philosophy on our Family Centered Care Units is to encourage rooming-in for as much family bonding time as possible between you, your newborn, and other family members who may be with you. Rooming-in with your infant means that your baby remains with you and only returns to the nursery periodically when needed for weights or exams. This facilitates bonding with your newborn and learning his or her physical cues.

Caring for Your Newborn

You can expect your newborn to receive the following care during your hospital stay:

- Your nurse will monitor your baby at regular intervals in your room to ensure that he or she is adjusting well to life outside the womb.
- Your pediatrician or family practice physician will examine your baby. If you do not have a pediatrician, or your pediatrician is not on staff at Inova Fairfax Hospital, one of our pediatric hospitalists (pediatrician employed by the hospital) will examine your baby.
- Various doctors such as pediatricians, neonatologists, anesthesiologists, pathologists or radiologists may be involved in the care of you and your baby, if your doctor requests their services. These physicians charge separately from the hospital and will bill you directly.
- If you desire, your obstetrician will circumcise your male baby. Please talk with your physician about this before your delivery. Your mother/baby nurse will teach you how to properly care for the circumcision.
- We perform several screening tests on your newborn 24 hours after birth. Blood will be taken from your baby’s heel for metabolic screening tests, as required by state law. Critical Congenital Heart Defects (CCHD) screening will also be performed. This painless procedure measures oxygen levels in your baby’s blood. Bilirubin level will be checked on the forehead to screen for jaundice. If levels are elevated, a blood test will be performed to verify results.

Caring for You

Rest is very important for new mothers. Please try to rest as much as possible between times when you are feeding your baby.

Your mother/baby nurse will frequently check your uterus and the amount of your bleeding. Once you are stable, you can walk to the bathroom with assistance the first two times, then by yourself. Your nurse will give you instructions on personal care.

Your mother/baby nurse will help you learn to care for your new baby, including feeding, diapering, caring for the umbilical cord and recognizing your baby’s unique needs.

Your significant other is welcome to spend the night in your private room. We ask that this person bring pajamas or sweatpants to sleep in. Please ask your nurse for linens for the sofa bed.

Step 5: Resources During Your Stay

Breastfeeding Support

Internationally board-certified lactation consultants visit each breastfeeding patient after birth and throughout their hospital stay to offer *one-on-one support* and assistance in addition to the nurses who are also trained to assist with breastfeeding. If you are separated from your infant, a lactation consultant will see you to assist with your breast pumping needs. The lactation consultant will also go to a NICU mother’s room to help with pumping or assistance, if requested. In addition, the breastfeeding center conveniently located on the ground floor carries all the breastfeeding supplies you may need, including breast pumps for rental and sale and complimentary bra fittings.

Education

Your nurse will talk with you about baby care and self care. By taking care of yourself, your comfort level can increase as you become more experienced with your baby.

All moms will be shown how to use our *Feed Me, Change Me* forms to keep track of feedings and wet diapers.

Inova offers educational information for patients (Channel 62 in English and Channel 63 in Spanish on the TV in your room) along with “on demand” programming, along with free programs 24 hours a day on various aspects of new baby care, breastfeeding, adjustment to parenting, and discharge preparation. Please refer to our *New Mother and Infant Care* booklet, which your nurse will provide, for valuable information. It is also a good reference for you once you get home.

Visiting Hours

We recognize the importance of having visitors during your stay to celebrate your joyous occasion. Our visiting hours may change periodically, so as your due date draws near, please visit inova.org/ifhchildbirthresources to view our current visiting hours and policy.

Our priority is for every patient to have a quiet, restful night. Two television channels are available offering white noise and serene music. Ear plugs are available. We also provide cluster care to minimize interruptions. Our serenity time for a quiet environment is 2 p.m. - 4 p.m. We encourage you to limit visitors during this time to promote rest, relaxation and bonding.

Please ask all family or friends who may visit you in the hospital to wash their hands when they arrive. Any family members or friends who are ill (including colds or flu) should NOT visit you in the hospital, in order to maintain a healthy environment for you and your newborn.

Decisions

While at the hospital, you will complete a birth certificate worksheet. We recommend that you choose your baby’s name before arriving at the hospital, so the birth certificate process can be completed before you return home. (See the section titled Birth Certificate Information on page 8.)

In the hospital, disposable diapers are used. At home, you have the option to use cloth or disposable diapers. Because it can be difficult to tell if a disposable diaper is wet, many breastfeeding moms choose cloth diapers for the first few weeks so they can be sure their baby is having three or four wet diapers in a 24-hour time period. Babies who do not have three or more wet diapers may be dehydrated and need to be seen by a doctor.

Step 6: Going Home

Before you go home, you can expect the following things to happen:

- Your obstetrician and pediatrician will discharge you and your baby.
- Your nurse will review information about activity limits after discharge, follow-up appointments with your physicians, and signs and symptoms for which you need to notify your physician.
- Infant hearing and metabolic screening tests (as required by law) and the birth certificate worksheet will be completed.
- Your nurse will verify your baby’s ID band to ensure it matches your ID band.
- If you have not prepaid the portion of your hospital bill not covered by insurance, you will need to go to the cashier before discharge.
- An escort will help you and your baby to your car, with a wheelchair and a cart, if desired.
- Properly install your infant car seat before discharge.

The following circumstances may necessitate a longer stay:

- Blood test is needed to check your baby’s bilirubin level (evaluate for jaundice).

- Blood tests are needed to ensure that you are stable enough to go home.
- Circumcision is performed late requiring observation time by nurse.
- Decisions by your obstetrician or pediatrician for you or your baby to be observed longer by our nursing staff.

Items to Take Home

The following items, issued during your hospital stay, are available to take home:

- Sanitary pads
- Water pitcher
- Sitz bath
- Spray bottle
- Diapers under the crib
- Baby diaper wipes

Bed pillows, bedding, baby blankets and towels are hospital property and must remain at the hospital.

Step 7: At Home

After going home, we encourage you to call your obstetrician or pediatrician if you are concerned about yourself or your baby. It is important for you to become familiar with the potential warning signs and symptoms that should be reported to your doctors. See your physician’s discharge instructions and our *New Mother and Infant Care* booklet for more specific information. Please feel free to call our nursing staff at **703.776.3860** for information anytime. We are available 24 hours a day.

Resources for New Moms

- **Breastfeeding Center** – our on-site center is staffed by internationally board-certified lactation consultants who can provide advice regarding electric breast pumps for sale and rental, provide complimentary bra fittings and information regarding many other breastfeeding products including breastfeeding pillows, baby carriers, foot stools, nursing cover ups, sleep wear, and breast pump replacement parts. Call **703.776.6455** or visit inova.org/ifhchildbirthresources for more information.
- **Lactation Consultation After Discharge** - if you are having difficulty breastfeeding, call **703.776.6455** to schedule an appointment. Some insurance plans may cover the outpatient consultation fee.



- **Breastfeeding Mother’s Support Group** – drop in to our weekly breastfeeding support group to discuss breastfeeding concerns such as milk supply, maintaining breastfeeding when returning to work, breastfeeding in public and breast pumping. Meet other breastfeeding mothers in a safe, private group setting with a lactation consultant facilitator. Scale is available for complimentary weight check. No fee or registration required. Call **703.776.6455** or visit inova.org/ifhchildbirthresources for more information.
- **New Moms Group** – drop in to our weekly New Moms Group when you are ready to meet new friends and talk about the challenges and joys of being a new mom. An experienced maternal-infant health educator facilitates the informal discussion. Multiple locations are available throughout the area. Visit inova.org/childbirthclasses for more information.
- **Beginning Steps Program** – this program helps promote healthy infant/child development, enhances parenting skills and strengthens families’ ties to community resources. It is available to all qualifying first-time parents giving birth within our center. For more information, visit inova.org/ifhchildbirthresources

Birth Certificate and Social Security Card Information

Applying for a Birth Certificate

While you are in the hospital, you will be given the Virginia State Department of Health’s application form to complete before discharge. For your convenience, we will submit the original form for you. The fee is \$12. Payment may be made by check or money order. Cash or credit cards will not be accepted for payment by the State. Once this form is processed, the Virginia Division of Vital Records will mail your baby’s birth certificate to you within four to six weeks. Should you have questions, our staff can help you complete the form. For additional information about the form, please call the Division of Vital Records in Richmond at **1.804.662.6200**.

In addition to the form, the hospital is required by law to submit your baby’s birth information to the Virginia Division of Vital Records. This information must include the baby’s name, so it is important that you have a name picked out for your baby. Prior to discharge, we will provide a proof of birth letter for your use until the Birth Certificate arrives at your home.

Applying for a Social Security Card

The hospital will help you apply for your baby’s Social Security card when you apply for the birth certificate. It takes approximately four weeks to receive the Social Security card in the mail. If you need it sooner, apply in person at the Social Security office nearest you. For more information, contact Social Security Administration at **1.800.772.1213**.

Notice of Non-Discrimination

As a recipient of federal financial assistance, Inova Health System (“Inova”) does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of race, color, national origin, sex, disability, or age in admission to, participation in, or receipt of the services or benefits under any of its programs or activities, whether carried out by Inova directly or through a contractor or any other entity with which Inova arranges to carry out its programs and activities.

This policy is in accordance with the provisions of Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, Section 1557 of the Affordable Care Act, and regulations of the U.S. Department of Health and Human Services issued pursuant to these statutes at 45 C.F.R. Parts 80, 84, 91 and 92, respectively.

Inova:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, please let our staff know of your needs for effective communication.

If you believe that Inova has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance by contacting our Director of Patient Experience at 703-289-2038. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Director of Patient Experience is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201

1-800-868-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

Interpreter Services are available at no cost to you. Please let our staff know of your needs for effective communication.

Spanish	Atención: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Por favor infórmele a nuestro personal sobre sus necesidades para lograr una comunicación efectiva.
Korean	알려드립니다: 귀하가 한국어를 구사한다면 무료 언어 도움 서비스가 가능합니다. 효과적인 의사전달을 위해 필요한 것이 있다면 저희 실무자에게 알려주시기 바랍니다.
Vietnamese	Chú ý: Nếu quý vị nói tiếng Việt, dịch vụ hỗ trợ ngôn ngữ có sẵn miễn phí cho quý vị sử dụng. Xin vui lòng thông báo cho nhân viên biết nhu cầu của quý vị để giao tiếp hiệu quả hơn.
Chinese	注意：如果你說中文，可以向你提供免費語言協助服務。請讓我們的員工了解你的需求以進行有效溝通。
Arabic	انتباه: إذا كنت تتحدث العربية، تتوفر الخدمات المجانية للمساعدة في اللغة. يرجى إعلام فريق العمل باحتياجاتك من أجل الحصول على عملية تواصل فعالة.
Tagalog	Atensyon: Kung nagsasalita ka ng Tagalog, mayroong magagamit na mga libreng serbisyong tulong sa wika para sa iyo. Mangyaring ipaalam sa aming mga kawani ang iyong mga pangangailangan para sa epektibong komunikasyon.
Farsi	توجه: اگر به زبان فارسی صحبت می کنید، تسهیلات زبانی به صورت رایگان برای شما فراهم خواهد بود. به منظور برقراری ارتباط موثر، کارکنان ما را از نیازهای خود مطلع کنید.
Amharic	ትኩረት፡ አማርኛ የሚናገሩ ከሆነ ለእርስዎ የቋንቋ ድጋፍ አግልግሎቶች ከከፍቻ በነጻ ይቀርብልዎታል። ውጤታማ የሆነ ኮሚዩኒኬሽን የሚፈልጉ ከሆነ ሰራተኞችን እንዲያውቅ ያድርጉ።
Urdu	توجہ: اگر آپ اردو بولتے ہیں تو، زبان امداد خدمات، مفت میں، آپ کو دستیاب ہیں۔ موثر مواصلت کے لیے برائے مہربانی ہمارے عملہ کو اپنی ضروریات کے بارے میں بتلا دیں۔
French	Attention: Si vous parlez Francais, des services d'aide linguistique vous sont proposés gratuitement. Veuillez informer notre personnel de vos besoins pour assurer une communication efficace.
Russian	Внимание: Если вы говорите на русском языке, для вас доступны бесплатные услуги помощи с языком. Для эффективной коммуникации, пожалуйста, дайте персоналу знать о ваших потребностях.
Hindi	कृपया ध्यान दें : यदि आप हिन्दी बोलते हैं, तो आपके लिए निःशुल्क भाषा सहायता सेवा उपलब्ध है। कृपया प्रभावी संचार-संपर्क हेतु अपनी आवश्यकताओं के बारे में हमारे कर्मचारियों को बताएं।
German	Achtung: Wenn Sie Deutsch sprechen, stehen kostenlose Service-Sprachdienstleistungen zu Ihrer Verfügung. Teilen Sie unserem Team bitte Ihre Wünsche für eine effektive Kommunikation mit.
Bengali	দৃষ্টি আকর্ষণ করুন : আপনি যদি বাংলা বলতে পারেন, তাহলে আপনার জন্য বিনামূল্যে ভাষা সহায়তা সেবা পাওয়া যাবে। অনুগ্রহ করে কার্যকরী যোগাযোগের জন্য আপনার প্রয়োজনীয়তার বিষয়ে আমাদের কর্মীদের জানান।
Kru (Bassa)	Tò Ìdùù Nòmò Dyíin Cáo: Ɔ jũ ké ìn dyi Gòdžò-wùdù (Básóò-wùdù) po ní, nìí, à bédé gbo-kpá-kpá bó wuɖu-dù kò-kò po-nyò bɛ̀ bìi nò à gbo bó pídyi. M̩ dyi ɖe ɖò mɔ́ nò à gbo ní, ìn me nyue bɛ́ à kùà-nyò bɛ̀ò kée dyí dyuò, ké à kè mò kè mue jè cɛ̀in nòmò dyíin.
Ibo	Nrụbama: Ọ bụrụ na ị na asụ Igbo, ọrụ enyemaka asụsụ, n’efu, dịjiri gi. Biko mee ka ndị ọrụ anyị mara mkpa gi maka nkwenkọrịta ga-aga nke ọma.
Yoruba	Akiyesi: Bi o ba nsọ Yoruba, awọn iṣe iranilọwọ ede wa l’ọfẹ fun ọ. Jọwọ jẹ ki ara ibiṣẹ wa mọ nipa awọn aini rẹ fun ibaraẹnisọrọ ti o munadoko.



