

my body

covid-19 and pregnancy

What to know for your appointments

Quilted Health cares about the safety of our clients, our employees, and everyone in our community. We're in this together. All staff, clients and support people will have their temperature taken upon arrival to the Quilted Health Clinic. Anyone with any of the symptoms below or a temperature of 100°F or higher will not be allowed to enter the clinic.

1. Please stay home if you have any the following symptoms:

Contact us to reschedule your visit.

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell
- Headache
- Runny nose
- Gastrointestinal symptoms like nausea, vomiting, or diarrhea

2. Wear a mask to your visit.

3. One vaccinated, healthy support person only please. They will also be required to wear a mask. Children under two may also accompany you, if necessary, due to life constraints (no mask needed).

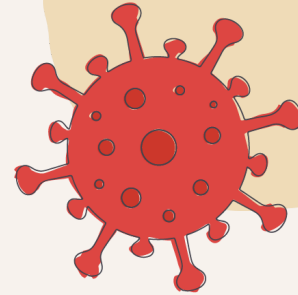
4. Anyone 12 years and older who attends an appointment with a client must show proof of COVID-19 vaccination or a negative test result from a test taken within 48 hours of the appointment.

COVID-19 hospital policies: What to know for your birth

Currently the hospital allows a trained, vaccinated doula in addition to your one support person.

For up to date information about other hospital policies such as number of visitors, screening and mask requirements at the hospital, please visit:

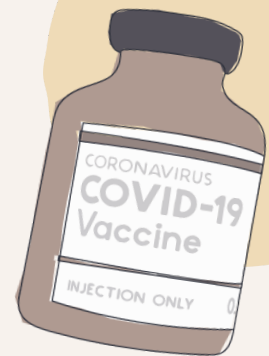
<https://quilted.link/covidhospital>



Where to find information about pregnancy and Covid-19

With so many places to go on the internet to find information, we want to make things easier for you. Here are a few sites we recommend to get the latest, trustworthy information:

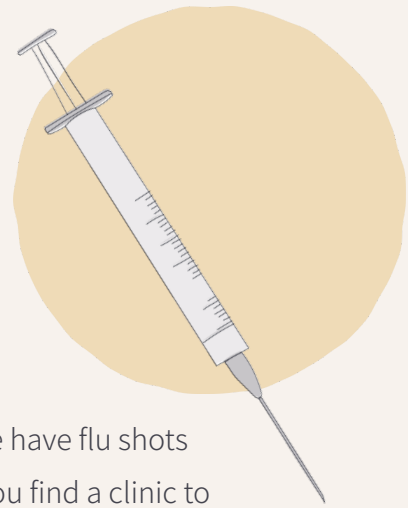
- CDC (Centers for Disease Control) <https://quilted.link/cdc>
- ACOG (American College of Obstetrics): FAQs(Frequently Asked Questions)about COVID-19 During Pregnancy and Breastfeeding/Chestfeeding <https://quilted.link/acog>
- Evidence Based Birth <https://quilted.link/covidbirth>
- Maternal Coalition COVID-19 Birth Rights and Education Toolkit <https://quilted.link/birthright>



Tips for staying healthy

Here are a few tips we recommend for staying healthy. As always, your midwife is happy to discuss any questions about how to stay healthy during COVID-19 times or help address any particular circumstances you might be facing.

- Stay home whenever possible. If you need assistance figuring out how to stay safe at work, please ask your midwife.
- Limit your interactions to small circles of family and friends, staying six feet apart and outdoors
- Wear a mask when you are in public
- Avoid touching your eyes, nose and mouth
- Wash your hands frequently with soap and water for at least 20 seconds.
- Vitamin D: We recommend taking 4000 iu of Vitamin D3 daily.
- Flu Vaccine: We recommend that you and your family get the flu shot. We have flu shots available in the clinic for you. Your midwife is more than happy to help you find a clinic to get the rest of your family vaccinated.
- COVID-19 Vaccine: Consider COVID-19 vaccines for yourself and members of your household. As vaccines are now readily available, we have created a decision making guide to help you figure out which choice is best for you. If you have not received it, you can view it at: <https://quilted.link/COVIDdecision>



We are here for you

What we know about COVID-19 and pregnancy is constantly changing. We want to acknowledge how difficult change can be! Always feel free to contact Quilted Health between appointments or discuss any questions you have related to COVID-19 with your midwife.

