

your body, your community

flu season, RSV, and covid policies

Quilted Health cares about the safety of our clients, our employees, and our community. The most up-to-date guidance from public health officials informs our policies and practices at our clinics. This policy applies to anyone visiting our clinic locations, including clients and their guests.



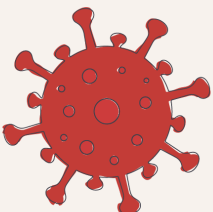
Support Persons and Children

We ask that all clients bring only **one** healthy family member or support person with them to the Quilted Health Clinic. If you intend to bring two people with you to your appointment, please call the clinic first. Visitors who have symptoms of any illness will not be allowed to visit. Children are allowed to accompany you, if you must bring them with you to attend your appointment.

Symptoms and Requirements

Any visitor with these symptoms will not be allowed to enter the clinic.

- Cough or Sore Throat
- Shortness of breath
- Fever or Chills
- Chills
- A new onset of Gastrointestinal issues not attributed to pregnancy such as nausea, vomiting, or diarrhea
- New loss of taste or smell
- Close contact with someone with COVID-19 infection (defined as within 6 feet for 15 minutes in 24 hours) within the last 10 days
- Congestion or Runny nose
- Muscle pain or Headache
- Body Aches



Not everyone with an upper respiratory infection like RSV, Flu, or COVID will have a fever. Individuals with suspected or confirmed upper respiratory infection, who do not have a fever, should stay home per CDC guidelines. Clients with known or suspected, RSV, Flu, or COVID infection need to call the clinic and we may be able to offer alternative means of support, such as a video call.

Mask Requirements

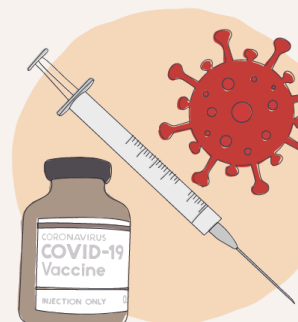
Masks are optional inside the Quilted Health clinic. All clients, support persons, and children over the age of 2 are encouraged to wear a mask at all times inside the Quilted Health clinic. It is not recommended that children under the age of 2 wear masks.

Masks are only required for people who are symptomatic or have been exposed. Please bring your own mask if you have one. If not, we will provide one for you.

Vaccination and Preparedness

Vaccination is not required to enter the clinic; however, we encourage everyone eligible to be vaccinated against COVID-19 and Influenza. If you have questions about the vaccination, please speak with your midwife during your appointment. You can use the following resources below to learn more about vaccinations and to find the nearest vaccination site near you: [Vaccine Finder](#)

All persons 6 months of age or older should get a flu vaccine, if possible before the end of October, or as soon as possible after October. Protect yourself. Protect your family. Get vaccinated. [Flu and Pregnancy](#)



Tips to stay healthy

In order to keep communicable diseases to a minimum, we suggest following these steps:

- Wash your hands with soap often
- Avoid frequent touching of your nose, mouth and eyes
- Disinfect surfaces and object
- Stay home from work or school if you show symptoms of being ill
- Cover your cough/sneeze



Frequently asked questions

Is the policy only allowing one person to accompany me to a clinic visit a new policy?

No, it is not new. We have been limiting the number of people in the clinic since the start of COVID-19. We may allow additional visitors during periods of low transmission.

If I am the patient, am I required to be vaccinated to receive care at Quilted Health?

No, vaccination is not a requirement to receive care at Quilted Health. However, you will need to complete the symptom screener questions prior to entering. Quilted Health recommends that all eligible people receive vaccination.

Does Quilted Health staff need to be vaccinated?

All of our team members who work with patients must be vaccinated

Does the person I'd like to bring with me to the clinic need to be vaccinated?

No, vaccination for COVID-19 is not a requirement to enter the clinic space. However, we ask all clients and visitors to complete a self-screening questionnaire.

Are other pregnancy care providers limiting the number of support persons to accompany a client to a visit?

There are a range of policies in place, including some clinics who do not allow anyone other than the patient to attend the visit. We are taking the steps we feel will help keep everyone safe and healthy, while also encouraging social support of our clients.