



# BEST START BIRTH CENTER

## AUGUST 21, 2021 COVID GUIDELINES

HELLO BEST START FAMILIES! As of August 5, 2021, the California COVID guidelines have been changed drastically. The Delta variant of COVID is much more worrisome than prior versions, and where experts were open to giving pregnant clients choice, the vaccine is now HIGHLY ENCOURAGED by all leadership. Best Start is doing our best to follow CDC, WHO, state, county, and AABC recommendations, in addition to keeping our families and staff satisfied. Obviously this is very difficult. The health and safety of both clients and staff is crucial to us. We can not have anyone in the birth center who is positive for COVID.

Recent changes for hospitals and nursing homes now require staff, patients and visitors to show evidence of vaccination or a negative COVID test prior to entry to the facility. Best Start Birth Center is an Outpatient Facility, but we are caring for a “uniquely vulnerable population,” of pregnant, birthing, postpartum clients and newborns. We are still Family-Centered, so we want to include partners, children and other family, while protecting our clients and staff.

- If you have received your vaccines, we would love to have a copy in your chart. If you require transfer to hospital, we would share your vaccine card to expedite transfer.
- Upon initial assessment in labor, if we discover signs of COVID such as fever, you will be sent directly to the hospital.
- Prenatal Visits- anyone who arrives with signs of COVID such as fever will have a “televisit” from car or appointment will be rescheduled via televisit from home if possible.

Masks, hand washing, and temperature are still required in Healthcare Facilities for people **regardless of vaccine status**. Best Start is committed to providing safe healthcare for all our families and staff therefore we will continue to adhere to strict mask wearing requirements for **all individuals** over the age of two while inside the birth center.

As always, if you or your guests show **Signs of COVID such as: fever, vomiting, diarrhea, cough, etc. we ask you NOT come to the Birth Center.**

Only 23% of pregnant women are **fully** vaccinated nationwide. We hope Best Start’s clients are among those who are vaccinated. If unvaccinated, it is recommended that you stay isolated and not go out in public to avoid exposure. We will try to decrease exposure also by offering televisits and avoiding unnecessary visits to the Birth Center. We will use individualized decision making as needed.

Childbirth Education Classes will remain via Zoom at this time.

These guidelines are changing daily and we will work to keep you as informed as possible. We appreciate your patience in these continued difficult times.

*Thank you for your support and understanding!*

# COVID-19 VACCINATION DURING PREGNANCY

## Get the Facts and Get Vaccinated!

The Centers for Disease Control and Prevention, Society for Maternal-Fetal Medicine, and other pregnancy experts recommend COVID-19 vaccination for pregnant and lactating people. Here are answers to some of the most common questions people have about the vaccines and pregnancy:



### What are the benefits of getting the COVID-19 vaccine during pregnancy?

- The vaccines are effective at preventing COVID-19 disease, especially severe illness and death. With the two-dose vaccines, you must get both doses for maximum effectiveness.
- Vaccination during pregnancy may help transfer protective antibodies to your baby through the placenta and breast milk. These antibodies may lower the chance of your baby getting the COVID-19 disease.

### What are the known risks of getting COVID-19 during pregnancy?

Pregnant people who get COVID-19 are more likely to become very sick than those who are not pregnant. They are:

- 3 times more likely to need ICU care
- 2 to 3 times more likely to need advanced life support and a breathing tube
- More likely to die from COVID-19

### What are the known risks of getting the COVID-19 vaccine during pregnancy?

- More than 139,000 people have received a COVID-19 vaccination during pregnancy. No safety concerns have been reported for vaccinated pregnant people or their babies.
- Of 800 pregnant people vaccinated in the first trimester, there have been no increased risks of pregnancy loss, growth problems, or birth defects compared with pregnant people who were not vaccinated. No problems have been reported in those vaccinated later in pregnancy.
- You can't get COVID-19 from the COVID-19 vaccines.

### What are your personal risks of getting infected with COVID-19 during pregnancy?

Your risk of getting COVID-19 depends on the chance that you will come into contact with another infected person. Your risk may be higher if you:

- Live in an area where COVID-19 infection rates are high, vaccination rates are low, or both
- Work in healthcare
- Work in a place where you have frequent or sustained close contact with people

### When you get the vaccine:

- The CDC offers the [v-safe after vaccination health checker](#) that checks in with you after your vaccination. The v-safe program monitors the safety of the vaccines by collecting information from a large number of vaccinated people, including those who are pregnant.
- Someone will call you from v-safe to ask questions and get more information.
- You may be asked to enroll in the vaccine pregnancy registry, which collects information about vaccination during pregnancy.



Society for  
Maternal-Fetal  
Medicine  
High-risk pregnancy experts