



BEST START BIRTH CENTER

JANUARY 2022 COVID GUIDELINES

To our valued Best Start Clients,

Federal, state, and local COVID guidelines are continuously changing. The Omicron variant of COVID is more contagious than prior versions and evidence now shows that vaccines are safe in pregnancy and breastfeeding. Best Start follows CDC, WHO, CA state, San Diego County, and AABC recommendations for the safety and wellbeing of our clients, our staff, and their families.

Best Start Birth Center is an Outpatient Facility and we have the privilege of caring for a “uniquely vulnerable population” of pregnant, birthing, postpartum clients and newborns. We are Family-Centered and therefore will always try to include partners, children and other family members in your birth experience while simultaneously protecting and maintaining the safety of our clients, staff and their families.

- **VACCINATIONS:** We recommend vaccination and boosters for our clients. If you have received your vaccines, please provide a copy of the card for your record. Nationwide only 23% of pregnant women are **fully** vaccinated. **IF unvaccinated**, it is recommended that you stay isolated and not go out in public to avoid exposure. We will work to help you decrease chances for exposure by offering tele-visits and avoiding unnecessary visits to the Birth Center. We will use individualized decision making as needed. Masks, hand washing, and temperature checks are required in all Healthcare Facilities **regardless of vaccine status**.
- **TESTING IN LABOR:** After much consideration, our policy now is to obtain a rapid COVID test for ANY CLIENT IN LABOR upon arrival to the birth center. The laboring client must keep their mask on until the test is negative. If the test is positive, you will be sent directly to the hospital.
- **PRENATAL VISITS:** Anyone who arrives with signs of COVID, such as fever, will have a tele-visit from car or appointment rescheduled for via tele-visit from home.
- **MASKS:** We will continue to adhere to strict mask wearing requirements for **all individuals** over the age of two while inside the birth center. There are no religious or medical exemptions for mask wearing.

Signs of COVID include: fever, nausea/vomiting, diarrhea, chills, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion/runny nose, or cough. If you are experiencing any of these symptoms, we ask that you NOT come to the Birth Center, but call for Tele-visit.

Childbirth Education Classes will remain via Zoom at this time.

These guidelines are continuously evolving and we will work to keep you informed. We appreciate your patience in these continued difficult times. We are committed to your safety and satisfaction.

Thank you for your support and understanding!