



BEST START BIRTH CENTER

February 2022 COVID GUIDELINES

HELLO BEST START FAMILIES! Federal, state, and local COVID guidelines are continuously changing. 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.

If you have received your vaccines, we would love to have a copy in your chart. If you require transfer to hospital, we can share your vaccine card to expedite transfer.

- Upon initial assessment in labor, if we discover signs such as fever, you will be sent directly to the hospital.
- Prenatal Visits- anyone who arrives with signs 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. *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.

Only 23% of pregnant women are **fully** vaccinated nationwide. We hope Best Start’s clients are among those who are vaccinated. **If** unvaccinated, we want you to stay quarantined and only come to the Birth Center if absolutely necessary. We offer televisits if possible and 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!