

These are the current policies Big Valley Midwives has adopted to reduce potential exposures to the coronavirus (Sars-CoV-2) and to conform to guidelines in place for healthcare providers. This policy may need to change as circumstances change.

Please understand that if we are infected we will be required to quarantine according to CDC guidelines. We are typically on call for 4-6 families each month. **A 14 day quarantine will interrupt our ability to attend births for our clients and severely limit our available in-person appointments.**

When you have an in-person appointment in our office, you may bring your partner or one other support person. You both are required to:

-- Wash hands in the restroom or our office on arrival

-- Wear a cloth or disposable mask over their mouth **and** nose for the duration of your visit

If you wish to include others you are welcome to video call them at any appointment.

If you cannot safely wear a mask for a typical 45-minute midwifery visit, we can do a physical exam in office and the rest by phone. This will limit your time in a mask to about 5 minutes.

Clients and their partners are **not** being asked to wear masks during care that happens in their own home. If you have an extra support person, we do require that they wear a face covering over their mouth and nose to limit our potential exposure. We will wear masks when providing care in your home.

Telemedicine appointments will be used for some prenatal care when a physical visit is optional or during quarantine due to exposure or positive covid test. We are using the Mayo Clinic's OB Nest as a model for essential physical visits. To learn more about the OB Nest program:

<https://www.mayoclinic.org/medical-professionals/obstetrics-gynecology/news/ob-nest-a-new-vision-for-prenatal-care/mac-20509442>

If you or anyone you live with are exposed to someone with covid or have symptoms, message your midwives immediately. We can direct you to testing resources and we will schedule your appointments for telemedicine for the duration of your isolation/quarantine period.

Symptoms include fever, sore throat, cough, shortness of breath, and/or loss of sense of smell or taste.

If you or anyone you live with has symptoms or a positive covid test, you are outside the scope of practice for home birth with Big Valley Midwives until the active infection has passed.

If labor begins in the active infection phase, this will result in a transfer of care to your preferred hospital. Big Valley Midwives will resume in-person care after the active infection period has passed.

We will follow the CDC guidelines for the timing of isolation/quarantine here:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

We will continue to update our vaccines as necessary, wear masks for care, wipe down surfaces and wash hands between clients.

We very much want to keep our office open, our practice running smoothly and serving all of our clients and their families safely. We simply cannot do this without reducing the risk of exposure for ourselves and all of our clients.

We very much appreciate your help to keep us and all of our families healthy,

Lucinda and Brooke