



# BEST START BIRTH CENTER

## April 3<sup>rd</sup> 2023 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 “tele-visit” from car or appointment will be rescheduled via tele-visit from home if possible.

As of April 3<sup>rd</sup>, 2023, **masks will no longer be required** but recommended if:

- Wear a mask around others if you have respiratory symptoms (e.g., cough, runny nose, and/or sore throat),
- Consider wearing a mask in indoor areas of public transportation (such as in airplanes, trains, buses, ferries) and transportation hubs (such as airports, stations, and seaports). This is increasingly important as the risk for transmission increases in the community.
- When choosing to wear a mask, ensure your mask provides the best [fit and filtration](#) (respirators like N95, KN95 and KN94 are best).
- If you've had a significant exposure to someone who has tested positive for COVID-19, wear a mask for 10 days.

**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 be offered in person and on Zoom at this time.

These guidelines may continue to change. 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!