



Dear Wellspring Families,

In an abundance of caution during this uncertain time, Wellspring Midwifery Care & Birth Center is taking steps to limit possible exposure to COVID-19 of our patients and staff through new, temporary guidelines regarding who is allowed to enter the clinic. Our goal is to continue providing care throughout this pandemic, and to do so successfully, sick people cannot enter the clinic.

Most Importantly:

- **If you are sick**, think you may be getting sick, OR if you have travelled within the last 14 days, please call to **cancel your appointment** until further notice. If you have a fever at or above 100.4°F along with a cough/shortness of breath, you may not come into the birth center and will be referred to the Texas Department of State Health Services (DSHS) for COVID-19 testing.
- Those with mild symptoms of a cold or flu-like illness are requested to stay at home for 14 days. If symptoms worsen and you believe it could be coronavirus, please contact Texas DSHS.

Clinic Visits:

- At this time, we are requiring only patients and their partner enter the clinic for appointments.
- Children (except infants in arms), friends, and family members are not to accompany patients inside the building. We understand this may be difficult as children are home from school, but please find childcare or schedule your appointments as virtual appointments (see info about Telehealth appointments below).
- When you arrive for your appointment, please call the office line at 832-777-0291 and wait until you are instructed to enter the building.
- Upon entering, please wash your hands in the kitchen or bathroom sink or use the hand sanitizer on the front counter. Try to avoid touching surfaces and practice social distancing as much as possible.
- Everyone entering the building will be screened at the door with a touchless thermometer, and anyone found to have a fever or symptoms of COVID-19 will not be permitted to enter the building.
- All routine prenatal appointments outside of the initial visit, 28 weeks, and 36 weeks or later will be strongly encouraged to be conducted via telehealth communications using the Zoom platform. You can download the Zoom app on your computer, tablet or smartphone for free. In order to make this the most efficient, we recommend you purchase a blood pressure cuff and fetal doppler; however, an appointment can take place without these tools. We are mailing each pregnant client a paper tape measure to help with self-measuring of fundal height. Appointments already on the schedule will be conducted in office with time devoted to teaching self-assessment techniques.
- Consultations will be conducted virtually via Zoom starting March 24, 2020, and will include a video tour of the birth center.

- Initial prenatal appointments will be done in two parts: 1) You will complete your health history and fill out all paperwork electronically. 2) You will come to the office for labwork and physical assessment.

Births:

- Only two support persons and a doula will be granted access into the birth center to accompany the laboring person. No one is allowed to wait in the waiting room or come into the birth center to visit. They can visit you when you return home.
- Anyone accompanying you in labor must be healthy, symptom-free, fever-free, and not have travelled or been sick within the past 14 days.
- You will call the on-call midwife for labor triage and screened over the phone for history of illness. Once you arrive at the center, you and your labor partner(s) will be screened for fever in the lobby with a touchless thermometer. Anyone with a fever and those considered at-risk will not be permitted to enter the facility. If it is the laboring person, we will need to transfer to the hospital immediately (a fever necessitates a transfer even when there isn't a global pandemic).
- If you require transfer to the hospital, we will not be able to accompany you. The local hospitals have limited support people to one person only, and they do not make exceptions for care providers who do not work for the hospital. We will provide your records to give the hospital care providers and check in with you by phone. We are available by FaceTime or Zoom as well if needed.
- **Home Visits:** Unfortunately, we will be suspending ALL home visits for now. Mother/baby dyads will be required to return to the birth center 24-48 hours following birth, as well as for the regular clinic visits at 2 and 6 weeks postpartum. We apologize for the inconvenience.

Office Policies:

- **Staff:** Staff will be limited to one midwife, 1-2 student midwives, and 1 administrative person (our typical staff). All staff members will be screened for fever in the lobby when they arrive for work each day. Any staff member found to have a fever will be sent home for 14 days of isolation. Staff who think they may be sick or getting sick will not be allowed to come to work. Staff are requested not to shake hands with clients or their guests and will only touch clients for examination purposes. Staff members will wash hands before and after touching a client for examination purposes.
- **Cleaning:** We have increased our sanitation efforts between clients and throughout the day. This includes medical grade disinfectant wipes being used on high touch surfaces.

We appreciate your understanding as we all do what we can to “flatten the curve.” We pray you and your family stay well, and we would appreciate it if you would also pray for your midwives to be protected from this pandemic. Thank you for choosing Wellspring.

Sincerely,

Ashley, Dawn, & Karla