



Do not enter the clinic if:

1

You have ANY of the following symptoms that are new, worsening or different from your usual health:

- fever
- chills
- cough
- headache
- sore throat
- difficulty swallowing
- unexplained fatigue
- runny nose
- nasal congestion
- difficulty breathing
- loss of taste or smell
- rash
- pink eye
- muscle aches
- digestive issues:
 - nausea
 - vomiting
 - diarrhea or stomach pain

OR

2

You have a baby or child with you who is:
lethargic or difficult to wake up OR not eating or drinking normally



Call the office:

Your midwife will call you back to make a plan of care



Page your midwife if you:

Have MILD symptoms, such as a mild cough or low fever,
AND need advice about what to do



Call 911 if you:

Have SEVERE symptoms, as you would for any emergency



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