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
   - cough
   - chills
   - unexplained fatigue
   - headache
   - sore throat
   - runny nose
   - stuffy or congested nose
   - difficulty breathing
   - difficulty swallowing
   - loss of taste or smell
   - 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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