



Do not enter the clinic if:

1

You have a fever, a new cough

or are experiencing difficulty breathing

OR

2

You have TWO or more of these:

- chills
- muscle aches
- fatigue
- headache
- sore throat
- stuffy nose
- loss of taste or smell
- stomach upset: new or increasing nausea, vomiting, diarrhea or stomach pain

OR

3

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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