



Indian Creek Midwifery & Birth Center **COVID-19 Position Statement and Policies**

Indian Creek is dedicated to ensuring the safety of all of our clients and families. The staff at Indian Creek continue to take extra precautions by limiting our own exposure and that of our families, by practicing social distancing, by using PPE (personal protective equipment), and by cleaning and disinfecting each room and all equipment after every clients visit. Indian Creek Birth Center will continue to ensure a safe and comfortable environment for you and your family.

Due to our commitment to the safety of our clients and their families, the following policies are in place. These policies may change as the situation of the pandemic shifts.

1. It is required for all who enter the center to wear a mask (masks provided).
2. Everyone entering the center will have their temperature taken.
3. Limit the number of people that come with you to in-person visits to one.
4. All who enter the center must be 18 yrs of age or older.
5. Call the center to cancel your scheduled visit and speak to a midwife if any of the following are true;
 - You have had a fever within the last 72 hours
 - You are experiencing respiratory symptoms; cough, difficulty breathing
 - You have traveled within the past 14 days
 - You have had close contact in the last 14 days with a suspected or confirmed COVID-19 case.
6. We will be triaging all respiratory infections via telehealth telephone calls and sending clients with symptoms to be tested at the community designated testing sites in their area.
7. In person tours are on hold, only virtual tours will be offered.
8. Altered prenatal care visit schedule;
 - Initial visit 10-12 weeks: in-person visit
 - 16 weeks: in-person visit
 - 20-22 weeks: anatomy ultrasound & telehealth visit
 - 24 weeks: telehealth visit
 - 28 weeks: in-person visit
 - 30 & 32 weeks: telehealth visit
 - 34, 36, 37, 38, 39, 40 & 41 weeks: in-person visits
 - * In person visits are always available as needed
9. Labor & Birth Care
 - We request you limit the number of support people.
 - Support people must wear a mask.
 - Doula's continue to be welcome.

RESOURCES

[CDC FAQs about COVID-19 and pregnancy](#)

[CDC recommendations for protecting your family](#)

New York State <https://coronavirus.health.ny.gov/home>

Aviva Romm <https://avivaromm.com/category/covid-19/>

Evidence Based Birth <https://evidencebasedbirth.com/covid19/>

If you have any questions or concerns, please don't hesitate to give us a call at 607-793-3792 or email at info@indiancreekbirthcenter.com