Dear Health Foundations Families,

In an abundance of caution amidst the growing outbreak of coronavirus, Health Foundations is taking steps to limit sick and exposed people’s contact with other patients and our staff through new, temporary guidelines regarding who is allowed to enter the clinic.

While these might seem like extreme measures, this is for the safety of all patients and our staff. Our staff is small and susceptible to an outbreak if someone with coronavirus enters the clinic (particularly children who may be carriers but not show any symptoms). Our goal is to continuing providing care throughout this pandemic. To do so successfully, sick people cannot come to the clinic.

Clinic Visits:

At this time, we are requiring only patients enter the clinic for appointments

- Children (with exception of infants in arms), partners, and family members are not to accompany patients inside the building.
- Upon entering you will be asked to wash your hands or use the hand sanitation station located at the door.
- You will be asked a series of screening questions at each visit when you enter the building.
- Please practice social distancing with each other and our staff.
- Please avoid touching surfaces.

Persons in Labor:

- Only ONE partner, friend or family member will be granted access into the birth center to accompany the laboring person.
- A doula is welcome in addition.
- No additional people will be allowed to wait in the family waiting area or come into the birth center to visit.

If you have one or more of the following do NOT enter the clinic in any circumstance. Please stay home and call the clinic nurse line at 651.895.2520 to develop a plan.

- TRAVELED OUTSIDE THE STATE OR INTERNATIONALLY in the past two weeks
- had CONTACT WITH SOMEONE WHO HAS TESTED POSITIVE FOR CORONAVIRUS or suspected to have coronavirus, even if you are not symptomatic
- any ACUTE RESPIRATORY SYMPTOMS (e.g. dry or productive cough, chest congestion, labored breathing, etc.)
- a FEVER (temperature at or above 100.4 degrees Fahrenheit)

Our staff are happy to speak with you if you are unsure whether one of these circumstances applies to you. We are here for you to help you navigate these new and evolving times.