

## COVID-19 (Coronavirus)

### Update for the week of 3/29/2020

We know that many of our patients are feeling vulnerable right now, and there is vast and conflicting information available which can be confusing to navigate. To that end, this fact sheet is designed to give you the most up-to-date information possible about the policies and procedures that are being implemented here at Medford Women's Clinic, as well as general information about the virus and what we know about how it impacts pregnant women, infants, and all of our patients. This information represents the current state of these policies and procedures as of the date listed above, and this may change as the situation unfolds over the next few weeks and months. Please check for an updated fact sheet with each visit.

Maintaining your health and well-being is of the utmost importance. We believe we have a vital role in keeping our patients physically healthy to minimize burdens on our urgent care and hospital systems.

### Medford Women's Clinic

- **DO NOT COME TO THE OFFICE IF YOU HAVE FEVER, COUGH OR SHORTNESS OF BREATH.** Reschedule your appointment and **contact your primary care physician or Asante's COVID-19 hotline 541-789-2813.** Their specially trained triage nurse will decide if you need a VIDEO VISIT, be seen in urgent care or go to the ED.
- All patients will be screened for symptoms upon arrival to the clinic. This is not only for your protection and the protection of other patients, but also it is imperative that we keep our staff healthy so we can continue to provide care for you.
- Visitor Policy: **Patients are asked NOT to bring visitors with them to their appointments** unless absolutely necessary. Visitors will be screened for symptoms and will not be allowed to attend appointments if symptomatic. We will be happy to accommodate phone conferencing or Face Time calls in order to include your family in your appointments.
- Medford Women's Clinic caregivers are being screened for fever and symptoms twice daily. We are disinfecting surfaces regularly and working to help our staff work from home as much as possible.
- Even in this time of greater restrictions on movement, needed medical appointments are allowed and encouraged. Our office has postponed all routine screening exams to conserve gloves and masks for future need, but we are still available for urgent needed care. Furthermore, **to facilitate continued care, we are offering visits via video conferencing. Telephone visits are also a possibility for those unable to access videoconferencing.** The coverage for these visits has been approved by most insurance companies.
- Email/Telehealth consent for all Telehealth visit. Before your scheduled appointment, please download [here](#), sign and either scan/email, fax or picture and email. Thank you!

### Asante Rogue Regional Medical Center – Family Birth Center

- In light of the spread of COVID-19, Asante's goal is to keep ill patients out of physicians' offices and our "clean" units like Labor and Delivery to protect healthcare workers, patients, and conserve supplies. This is why we ask you to first call Asante's COVID-19 hotline 541-789-2813 mentioned above and below.
- **The regular emergency department is where all pregnant women will be evaluated for respiratory complaints.**

- Women with COVID-19 symptoms in labor:  
Women who present to the hospital in labor who have symptoms will be screened for COVID-19. Newborn separation while waiting for results will depend on your wishes after talking with a pediatrician and our resources available at the hospital at the time.
- Visitor Policy:  
**Currently, women in labor can have one support person (the same person) throughout their hospital stay. This includes a doula.** This person must plan to remain with the pregnant patient in their room for the duration of her labor (no coming and going from the hospital). No visitors who have symptoms of fever, cough or shortness of breath will be allowed.

**No casual visitors (family and friends) and no visitors who are under the age of 1.**

### **Asante Rogue Regional Medical Center Surgical Services and Surgery Center of Southern Oregon**

All non-emergent outpatient and inpatient surgeries have been postponed until at least late June but this can change at any moment. We will contact you when we are permitted to reschedule your surgery.

Scheduled cesarean sections will continue as planned. Asymptomatic partners will continue to be allowed in surgery for scheduled c-sections.

### **COVID-19 Pregnancy Information**

At this time, very little is known about COVID-19, particularly related to its effect on pregnant women and infants. There currently are **no recommendations specific to pregnant women** regarding the evaluation or management of COVID-19.

Currently available data on COVID-19 does not indicate that pregnant women are at increased risk. However, **pregnant women are known to be at greater risk of complications with other respiratory infections** such as influenza and SARS-CoV. As such, pregnant women should be considered an at-risk population for COVID-19.

COVID-19 is **not currently known to cause birth defects** like some other viruses can (eg: Zika). Adverse infant outcomes, such as preterm birth, have been reported among infants born to mothers positive for COVID-19 during pregnancy. However, this information is based on limited data and it is not clear that these outcomes were related to maternal infection.

Currently it is unclear if COVID-19 can cross through the placenta to the fetus. In limited recent case series of infants born to mothers infected with COVID-19 published in the peer-reviewed literature, none of the infants have tested positive for COVID-19. Limited case series have also not detected it in breastmilk.

### **Community Efforts to minimize spread**

**Social distancing is strongly recommended** at this time. Avoid crowds and reduce close personal contact. Patients who have the option to **work from home** should make every effort to do so.  
**Stay home as much as possible.** Avoid playdates, playgrounds and large groups of people.

**Hand-washing** remains the best and most effective way to limit exposure.  
Wash with soap and water or hand sanitizer for 20 seconds.  
Do not touch your eyes, nose, or mouth with unwashed hands.

**We recommend limit or cancel all non-essential air travel, especially to areas with outbreaks.**

Information about travel: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

Currently the **risk of exposure to COVID-19 is not a qualifying medical risk** to mandate disability/stopping work prior to your due date. We encourage you to work with your employer to find ways to limit opportunities for exposure (ie: separated workspaces, alternate work hours etc).

**If you are worried that you may have COVID-19.**

- If you have symptoms **and were exposed to a confirmed** COVID-19 patient-call **Asante's COVID-19 hotline 541-789-2813**. Their specially trained triage nurse will decide if you need a VIDEO VISIT, be seen in urgent care or go to the ED.

If you have symptoms and **don't know if you were exposed**, stay home in strict quarantine and quarantine yourself from family members as much as possible. Call Asante's COVID-19 hotline at 541-789-2813 or visit the Asante website to initiate a Video Visit ([www.asante.org](http://www.asante.org)). Treat at home with rest, hydration, self-care. It is absolutely fine to take Tylenol for fever in pregnancy. Do not go to the ER or Urgent Care unless directed by a medical professional.

Please note that this information is constantly evolving, and we also recommend consulting the websites below regularly to keep up to date on the most recent news.

- <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>
- [https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/COVID19-FAQ.aspx?wp1284=se:"covid-19"](https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/COVID19-FAQ.aspx?wp1284=se:)