

Dear Lactation Families,

Our top priority is to ensure the health and safety of our patients, our team and our families. We have been closely monitoring developments and have implemented a detailed plan to ensure that we can continue serving you during this evolving situation.

The following are ways that we plan to protect you:

- We encourage you to stay home if any of your family members are exhibiting symptoms such as a fever (above 100.0°F) or any risks or symptoms listed below. Our staff is doing the same.
- We follow CDC and TN Department of Health guidelines. This includes:
 1. wearing masks when inside the clinic for all over the age of 2 years
 2. disinfecting common areas regularly
 3. providing patients and staff access to sinks, soap and hand sanitizers
 4. our cleaning services are providing an industrial strength disinfectant service nightly
 5. staff are updated and educated on effective methods to prevent the spreading of germs
 6. all patient equipment is disinfected between each appointment
 7. we will be modeling and implementing best practices regarding “social distancing”
- We have a “closed waiting room” policy.
- When you arrive for your session please remain in your vehicle and call us at 615-424-8494.
- Your consultant will meet you at the car and escort you into the clinic.

We are committed to taking precautionary efforts to ensure your safety and to do everything we can to continue to provide our patients with the highest quality of care while protecting you and our staff.

Should you have any questions or concerns please do not hesitate to contact me at kate@nashvillebirthandbabies.com or the pediatric therapy clinic that houses my office, Sprocket Therapy, at 615.226.2840

HEALTH SCREENING: KEEPING US ALL SAFER

TEMPERATURE

All those who enter the clinic, patients, visitors, and staff will have their temperature taken. If you have a temperature higher than 100.0°F, we will be unable to let you enter the clinic. We will refer you to see your primary care provider.

MASKS

A mask is required by all persons over age 2 years inside the clinic (you can wear your own or one provided by our office).

EXPOSURE

- (1) For your protection and for the protection of others, NO ENTRY IS ALLOWED FOR ANY INDIVIDUAL SUSPECTED OF COVID-19 OR WHO HAS RECEIVED A POSITIVE COVID-19 TEST
- (2) Have you been within 6 feet of a person with a lab-confirmed case of COVID-19 for at least 5 minutes, or had direct contact with their mucus, saliva, or feces, in the past 14 days? If yes, we will be unable to let you enter the clinic.
- (3) In the last 48 hours, have you or your immediate contacts/family had any of the following NEW symptoms?
 - Fever of 100.0°F or above, or possible fever symptoms like alternating chills and sweating
 - Cough
 - Trouble breathing, shortness of breath or severe wheezing
 - Chills or repeated shaking with chills
 - Muscle aches
 - Sore throat
 - Diarrhea
 - Loss of smell or taste, or a change in taste
 - Headache
 - Painful or purple/bluish toes

BASICS OF INFECTION CONTROL

- * Stay home if you have known exposure or symptoms listed above
- * Wash your hands frequently.
- * Cover your coughs and sneezes by using a tissue or sleeve.
- * Wash your hands or use hand sanitizer after sneezing or coughing.
- * Avoid touching your face, especially your mouth, nose and eyes.
- * Wear a mask that covers your mouth and nose when you are not at your home, especially when you enter businesses or homes or are in close contact with others in outdoor spaces.
- * Do your part, stay apart. Keep 6 feet apart from others who do not live with you.