

Living Alternatives Pregnancy Resource Center cares about you. As a part of our commitment to care for you, our staff, volunteers, and communities, we wanted to share the steps we are taking to limit the spread of COVID-19 coronavirus.

If you:

- ARE EXPERIENCING symptoms of fever, cough, and/or shortness of breath
- OR have recently been exposed to someone who has been diagnosed with COVID-19
- OR traveled to a high risk for transmission area such as China, South Korea, Japan, Iran, or Europe in the last 14 days

Then we are asking you to stay home and seek medical attention as needed by contacting your primary care physician, urgent care facility, and/or local health department for instructions on local testing.

Here's what you can expect at your PRC appointment:

- We will ask some screening questions when you make your appointment and during your appointment reminder text or call.
- We may ask to re-schedule your appointment if you are experiencing a fever. Staff may request to take your temperature to assess for fever.
- You may be asked to wear a mask during your appointment if you have a cough.
- Limited physical contact – we won't be shaking hands but will still be able to offer you services such as a limited obstetrical ultrasound and urine pregnancy testing.
- Health care workers and office staff may wear gloves or masks.

If you are experiencing symptoms that are keeping you home but are in need of sexual health care, contact your local clinic as we can determine an individualized plan for your specific healthcare needs.

Please note:

- We are still seeing clients for pregnancy testing and ultrasound appointments. A client advocate or nurse may also be available by phone or email to answer questions regarding your pregnancy options and/or sexual health care needs.
- All mentoring appointments, pregnancy classes, and parenting classes will be provided on a web platform via text or email. Existing clients should expect communication from a mentor to set this up. New clients may call your local center to schedule an intake call and enroll you in our virtual classes.
- Resources such as diapers, formula, and other baby care items can still be obtained by calling your local PRC and setting up an appointment for door pick-up.
- Material donations are still being accepted. We request that you call your local center for drop off instructions before stopping by.

More Information about the COVID-19 coronavirus can be found online at <https://www.cdc.gov/coronavirus/2019-ncov/index.html> or by calling 1-800-889-3931 in IL or 317-233-7125 in IN.