NEWS RELEASE

FOR IMMEDIATE RELEASE

Prenatal Care During the Coronavirus

Being pregnant during the coronavirus might feel like a challenge. You may be feeling a little nervous and unsure of what to do, but you’re not alone. No one has been through this before, and it’s completely normal to feel that way, but your growing pregnancy still needs the right care. With upcoming appointments, questions, and concerns, what do you do next?

The doors at Vista Community Clinic (VCC) are staying open because even when the rest of the world stops, health doesn’t. To comply with social distancing and keep patients as healthy and safe as possible, VCC’s prenatal department has begun to rely heavily on the use of Telehealth, and restructured when in-person visits occur for pregnant women. Regardless of the pregnancy, experts are all still advocating for the continuation of care to avoid any negative impacts that can come from lack of access.

Telehealth will allow for some visits to be done from the comfort of the patient’s home through phone or video, while other visits are still better done in person – think ultrasounds and measurements. To give the best in quality care for you and your baby, VCC has created a new approach to prenatal care that combines the virtual with the physical. Clinicians want to keep you and your baby healthy, so they only will do what is necessary in person for patient safety and ease.

Concerns about leaving your house are understandable, but there are things you can do to stay healthy at your prenatal appointment. VCC has hand washing stations available outside all of their clinic entrances, and they can provide you a face mask for protection. If you have an upcoming appointment, or you’ve just found out that you’re pregnant, VCC can help walk you through the process and answer your questions.

The clinic wants to make sure that everyone is being taken care of. You are encouraged to call or text 844.3098.5003 to speak with a clinician about what works best for you. Follow them on Facebook and Instagram (@vistacommunityclinic), or Twitter (@vcchealthcare).

About VCC:
With eight state-of-the-art locations in North San Diego, Orange and Riverside Counties, VCC provides affordable, high quality health care to more than 69,000 community residents. Services offered by VCC include primary care, pediatrics, prenatal and women’s health, optometry, chiropractic care, dental health, podiatry, acupuncture and behavioral health services. VCC also offers a wide array of community health education programs which are free and open to all community residents. VCC is recognized by the National Committee for Quality Assurance (NCQA) as a Level 3 (highest) Patient-Centered Medical Home, and is the recipient of the HRSA National Quality Leader Seal for exceeding national clinical quality benchmarks. For more information call 760.631.5000 or visit www.vcc.org.

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