



# Illness Policy

At Sunflowers Healing and Wellness, including Blissful Bellies®, we are committed to protecting the health and safety of our clients, doulas, and their families. The following policy outlines expectations regarding illness, exposure to contagious diseases, and the protocols for rescheduling or adjusting in-person services when illness arises.

## 1. General Guidelines

- **Reporting:** Doulas and clients must **report any illness or known exposure** to a contagious disease (including but not limited to COVID-19, RSV, flu, and strep throat) prior to any in-person service.
- **Responsible health and hygiene practices:** Doulas and clients are expected to follow **generally accepted principles** of health and hygiene, including frequent handwashing, social distancing when appropriate, and masking when requested or advised.
- **In-person services:** If a doula is ill or someone in their home is ill or symptomatic, scheduled appointments will be **rescheduled**, or a **backup** will be arranged for labor support or postpartum care. If a client or someone in their home is ill or symptomatic, in-person appointments will be rescheduled. For birth clients, virtual labor support will be offered if needed.
- **Discretion:** Clients and doulas are expected to **use sound judgment** when resuming in-person care. The Blissful Bellies® Director of Birth Services must be notified if illness may impact scheduled care so appropriate backup or rescheduling can be approved.
- **Masking:** Doulas will mask **upon request**. In most cases, doulas are not required to mask while resting. In extenuating circumstances (such as a birth doula with an immunocompromised client), the doula will mask at all times, including while resting.

## 2. COVID-19-Specific Guidelines

- **Vaccinated Clients:**
  - These guidelines pertain to a vaccinated client when they or anyone in their immediate household:
    - Has been exposed to someone with suspected or confirmed COVID-19
    - Has symptoms consistent with COVID-19
    - Is diagnosed with COVID-19
  - Such clients will receive virtual-only support.
  - **In-person services may resume** only when:
    - At least **5 days have passed** since diagnosis if asymptomatic, and
    - At least **72 hours have passed** since symptoms resolved completely, including being fever-free without medication
- **Unvaccinated Clients:**
  - These guidelines pertain to an unvaccinated client when they or anyone in their immediate household:
    - Has been exposed to someone with suspected or confirmed COVID-19

- Has symptoms consistent with COVID-19
- Is diagnosed with COVID-19
- Such clients will receive virtual-only support.
- **In-person services may resume** only when:
  - At least **7 days have passed** since diagnosis if asymptomatic, and
  - At least **72 hours have passed** since symptoms resolved completely, including being fever-free without medication
- **Hospital Admission:** Some hospitals may require COVID-19 testing upon admission. This could delay a doula's entry to Labor & Delivery. Sunflowers recommends discussing admission strategies in advance to minimize this delay.

### 3. Postpartum Doula Shift Guidelines

- **Before a Shift:** Postpartum clients must notify Sunflowers or their doula **in advance** if anyone in the home is sick. If a doula arrives and discovers illness that was not disclosed, the shift will be **forfeited** and **not rescheduled or refunded**.
- **Rescheduling:** If illness is reported **before the doula arrives**, the shift will be rescheduled without penalty.
- **Illness During a Shift:** If someone in the household becomes ill **during** the shift, the doula may end the visit immediately. The remaining time may be rescheduled.
- **Doula Illness:** If a doula is ill **before** a scheduled postpartum shift, the client will be offered either a **reschedule or a backup doula**. If the doula becomes ill **during** the shift, the **visit will end immediately and be rescheduled** accordingly.

### 4. Vaccination Requests

- **Client Rights:** Clients may request a vaccinated or unvaccinated doula.
  - Pre-contract requests will be honored.
  - Sunflowers will make every reasonable effort to honor these requests when made post-contract, though accommodation is not guaranteed.
- **Doula Rights:** Except when related to contagious illness or exposure, doulas are not required to disclose personal health information, including vaccination status, to Sunflowers or clients. However, doulas who choose not to disclose this information may not be eligible for client contracts that specifically require it.

### 5. Policy Updates and Revisions

- **Integrity:** This policy is subject to change based on public health guidance or organizational needs.
- **Accountability:** Thank you for doing your part to keep our community safe and supported.