



Your health needs don't stop because of COVID-19.

Northfield Hospital + Clinics doesn't stop, either.

We are caring for health needs during the pandemic.

With Video Visits – plus systemwide precautions in all our locations – we can care for you safely.

We encourage you to call your clinic to discuss your health concerns. We'll review your condition, and determine the best option for you – whether that's a Video Visit, or being seen in person.

If your best option for care is an in-person visit, it is safe to come to the clinic or hospital. With separate spaces for non-COVID-19 patients in the clinics, Emergency Department and hospital, we can care for you safely and comfortably.

For urgent needs, trust the Emergency Department – plus emergency surgery available 24/7.

Safely providing care for:

- Pregnancy and birth
- Pediatrics
- Chronic conditions
- Acute illness or injury
- Sudden events like heart attack or stroke
- Cancer, including surgery and chemotherapy
- Concerns of older adults

Don't tough it out. We're here for what you need.

Video Visits for Clinic care

See your doctor live, using your mobile device or computer. Video Visit is a face-to-face appointment with your provider to discuss your concerns and get a care plan tailored to you.

You get the same personalized care you trust from the provider you know, in the safety and privacy of your home.

Video Visits can be a good option for:

- Managing chronic conditions like diabetes and asthma
- Common illness like allergies, sinus infections, urinary tract infections
- Stomach trouble – constipation, diarrhea, acid reflux
- Women's health issues
- Medication checks or refills
- Counseling, and supportive therapy

Call your clinic to discuss your situation and ask if a Video Visit is right for you. If your best option for care is an in-person visit, it is safe to come to the clinic or hospital.



Safely providing care

Pregnancy and birth

Prenatal care

The Women's Health Center has condensed all prenatal care into fewer appointments, so moms get all the care they need with fewer visits to the clinic. Of course, we'll see an expectant mom at any point if she or her provider has concerns. After the first clinic appointment (around 8-10 weeks), expectant mothers have a regular schedule of in-clinic prenatal appointments at 16, 20, 28, 32 and 36 weeks ... then weekly until the baby is born.

Birth

We're committed to giving you the safest, most comfortable birth experience possible. We're taking extensive precautions in our Birth Center to protect you and your baby, with the full resources of a hospital and doctors and care team as needed.

Precautions include:

- Visitor restrictions
- Health screening for all patients
- Personal Protective Equipment for staff – gown, face shield or mask, gloves
- Rigorous hand hygiene

Learn more about Pregnancy and COVID-19 and the Birth Center: bit.ly/nhc-pregnancyandcovid-19

Women's Health Center: 507-646-1478

Birth Center: 507-646-1205

CARE DURING COVID

Pediatrics

This is an unprecedented time of change in everyone's lives, and we are here for parents and children. Our pediatricians encourage parents to call your clinic with any health-related problems, including:

- Fever or other symptoms of illness
- Breathing problems
- Rash
- Any acute injury
- Mental health or behavioral problems

Our staff can determine the best option to care for your child, whether that's Video Visit or in the clinic.

We continue well-child appointments for children under 2 years old. This includes an overall health check, weight and growth check, immunizations, and assessment of developmental milestones.

> A word about immunizations

It's especially important to stay on schedule with your child's immunizations to prevent against measles, mumps, rubella and other serious illnesses. We can immunize your child as quickly and safely as possible.

Chronic conditions

It takes consistent care to manage conditions like diabetes, high blood pressure or heart disease. Stay in touch with your provider via clinic appointments or Video Visits. Your provider will work with you to determine the best options for your care.

Sudden events like heart attack or stroke

In urgent and emergency situations, come to the Emergency Department. For life-threatening emergencies, call 911.

The Emergency Department has dedicated spaces for COVID-19 care. Patients who need other kinds of care stay in a separate space, away from people who may be contagious. This way, we can treat all patients in the safest, most effective setting possible for each.

Urgent and emergency surgery is available 24/7 with our highly skilled surgical team.

Come to the Emergency Department or call 911 for:

- Chest pain or trouble breathing
- Pain in the arm or jaw
- Weakness/numbness on one side
- Slurred speech
- Fainting/change in mental state
- Serious burns
- Head or eye injury
- Concussion/confusion
- Coughing or throwing up blood
- Broken bones and dislocated joints
- Seizures
- Severe cuts that may require stitches
- Deep wounds
- Severe allergic reactions
- High fever with headache and stiff neck
- Poisoning or overdose of drug or alcohol
- Suicidal thoughts



CARE DURING COVID

Acute illness or injury

Healthy people of all ages can suddenly experience a condition that needs urgent attention: asthma attack, strep throat, urinary tract infection, appendicitis, kidney stones or gallstones.

Injuries – cuts, burns, sprains, broken bones, animal bites – need immediate attention, too.

Call your clinic (or come to the Emergency Department after clinic hours) if you have:

- Abdominal pain
- Vomiting or persistent diarrhea
- Wheezing or shortness of breath
- Painful urination
- Dehydration
- Sprains and strains
- Cuts that may require stitches
- Sore throat
- Ear pain
- Eye redness, discharge or itchiness

Concerns for older adults

Older adults can have multiple health problems or complex conditions. Consistent, coordinated care helps manage overall health.

Because adults over 65 are at higher risk of complications from COVID-19, we opt for Video Visits when possible – and take additional precautions for clinic visits and in-person care.

Call your clinic with any health concerns. We'll review your condition, and determine the best option for you – whether that's a Video Visit, or being seen in person.

Cancer, including surgery and chemotherapy

The Cancer Care & Infusion Center (CCIC) continues to provide chemotherapy and supportive therapies with extra precautions to protect cancer patients, whose weakened immune system puts them at higher risk for complications from COVID-19 and influenza. We coordinate care between oncology specialists and your primary care provider to manage your overall health. Urgent surgery, including time-sensitive biopsies for diagnosis and prognosis, is scheduled at the discretion of your surgeon. Our Cancer Care Navigator provides extra support and coordination to keep your treatment on track with as little disruption or additional risk as possible.

Wellness resources for mental health and food, housing and financial assistance are available across the community and through Rice County: bit.ly/nhc-covid19

NH+C's mission:

Care for the sick. Nurture wellness. Improve health of our communities.

We take that commitment seriously, every day. Especially now.

We're here for you when you need us.