

# Pregnant Staff and COVID-19

## Here's What We Know

- There's only limited information about the effects of COVID-19 on pregnancy outcomes and the effect of the COVID-19 virus on pregnancy remains unclear.
- There's currently no evidence of virus transmission to the foetus; nor has the virus been found in breast milk or amniotic fluid, so far
- It's known that high fevers can result in miscarriage and stillbirth, there's also a known risk of birth defects from high fevers during the first trimester of pregnancy.
- It's also known that influenza and other viral infections have been associated with prematurity and low birth weight.
- Despite the absence of any data on pregnancy outcomes from COVID-19, pregnant women are advised to avoid working with COVID-19 patients during the pregnancy, especially during the first trimester.
- Pregnant staff should only work with COVID-19 patients with full knowledge of known risks; and possibly through discussion with their own doctor or Occupational Health (OH).
- Pregnant women should not in any circumstances be involved with any procedures or interventions that may result in aerosol generation.
- As long as the work is not COVID-19 patient-facing, women who are pregnant can still continue their work.
- Regardless of whether a person is pregnant or not, good hand hygiene measures, including washing hands regularly with soap and water is an effective defence against COVID-19.

*For more information, search "covid" on max.*

## SUPPORT OPTIONS

- **1737** - Text or call this national telephone counselling service available 24/7.
- **EAP**- Phone 0800 327 669
- **Workplace Support** - Phone 0800 443 445
- **Check out some mindfulness apps** such as Headspace, Calm, Insight Timer
- **If you have symptoms of COVID-19 call Healthline on 0800 358 5453.**