

Recommendations on preventive measures for health care workers who are pregnant or breastfeeding

TO: ANB and EMP employees

FROM: Beth Simkins-Burrows, Senior Manager, Human Resources

During pregnancy, immunity is reduced, and physiological and immunological changes make pregnant women more vulnerable to respiratory infections, such as COVID-19.

We recommend limiting exposure of pregnant health care workers to patients with suspected or confirmed COVID-19 infection.

In the current context of early identification of cases, isolation, and lack of community transmission:

For the entire duration of pregnancy, we recommend that pregnant health workers be immediately assigned to eliminate:

- The presence in the same confined space with people under investigation or presumptive or confirmed COVID-19 cases;
- Care, sample collections, medical examinations, paraclinical tests and treatment of people under investigation or presumptive or confirmed COVID-19 cases;
- The transportation of people under investigation or presumptive or confirmed COVID-19 cases;
- Tasks related to the cleaning and disinfection of the environment, equipment and personal belongings having been in contact with people under investigation or presumptive or confirmed COVID-19 cases;
- The management of dead bodies of people who were under investigation or presumptive or confirmed COVID-19 cases;
- Contacts, care or treatments of people under investigation or presumptive or confirmed COVID-19 cases in isolation at home or in accommodation;
- All tasks in sectors or facilities declared in isolation for COVID-19 by the authorities of the facility concerned.

These recommendations for pregnant workers are subject to change when epidemiological or clinical data justify an update.

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