

Guidance for Pregnant or Lactating Health Care Personnel

For health care personnel (HCP) who are currently pregnant or lactating, the CDC, UNMH and UNM Health Sciences recommends limited exposure to patients with confirmed or suspected COVID-19. This is based on the CDC's risk assessment and infection control guidelines. Limited exposure is especially important during higher risk procedures (e.g., aerosol-generating procedures, such as cardiopulmonary resuscitation, intubation, extubation, bronchoscopy, nebulizer therapy, sputum induction and nasal swabs).

If there are staffing shortages, it is recommended that pregnant or lactating HCP follow strict infection control guidelines for contact and airborne precautions for patients with suspected or confirmed COVID-19 including the use of eye protection, gown, gloves and a respirator for close contact. Close contacts for health care exposures is defined as within six (6) feet for a prolonged period of time for greater than a few minutes.

References:

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html>
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>
<https://www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html>