

Local Health Departments COVID-19 Guidance for Pregnant Women

During this challenging time in response to COVID-19, everyone is working hard to keep individuals and communities as healthy as possible, which includes pregnant women. The below guidance includes specific considerations around pregnancy.

The American College of Obstetrics and Gynecology (ACOG) notes the following information: “Community mitigation efforts to control the spread of COVID-19 are being implemented across the United States. While these efforts are important, ob-gyns and other health care practitioners should be aware of the unintended impact they may have, including limiting access to routine prenatal care. Ob-gyns and other prenatal care practitioners should ensure that patients with certain high-risk conditions are provided necessary prenatal care and testing when needed. Ob-gyns and other prenatal care practitioners should also consider creating a plan to address the possibility of a decreased health care workforce, potential shortage of personal protective equipment, limited isolation rooms, and should maximize the use of telehealth across as many aspects of prenatal care as possible”.

The following guidance is provided for local health departments providing prenatal care services.

- As with all individuals, social distancing should be observed with pregnant individuals once they enter the building. Consider the placement of chairs in the waiting room, potentially asking the individual to remain in the car until an exam room is available, etc.
- The Medical Director along with the maternal health clinical team should develop a plan for the best visit schedule within their agency that works for pregnant individuals in your community. This could include increasing the typical interval between visits for LOW RISK pregnant patients, using telehealth services between visits, etc.
- If your agency offers primary care or child health clinic in close proximity, consider scheduling prenatal patients early or aligned with well child visits so their appointments are completed before sick patient visits are scheduled.

For guidelines about an extended visit schedule, please see the World Health Organization (WHO) prenatal care guidelines available here:

<https://www.who.int/reproductivehealth/news/antenatal-care/en/>

Below is additional information from the Centers for Disease Control and Prevention (CDC) related to pregnancy.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html>

Here is also a link to a useful resource from CDC related to clinic readiness.

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/Clinic.pdf>

CDC has developed guidance that is relevant to the way practices approach caring for patients. For patients and families who may have been exposed to SARS-CoV-2, the CDC has developed

What Healthcare Personnel Should Know about Caring for Patients with Confirmed or Possible COVID-19 Infection.

CDC also has [Interim Infection Prevention and Control Recommendations for Patients with Suspected or Confirmed Coronavirus Disease 2019 \(COVID-19\) in Healthcare Settings](#).

Should you have additional questions, please contact your Women's Health Regional Nurse Consultant.