



## Pregnancy and COVID-19:

**Are there extra precautions that staff and physicians who are pregnant should be taking?**

**Pregnant individuals are not at increased risk of contracting COVID 19 if proper personal protective equipment (PPE) precautions are in place.**

No additional PPE measures are required for pregnant health care workers (HCW) beyond those that are advised for non-pregnant HCW. Although COVID-19 has not been demonstrated to be spread by vertical transmission, the overall evidence relating to COVID-19 is limited.

According to Saskatchewan's Employment Regulation 308, a HCW may request to be relocated to a less hazardous area, if available and these requests are reviewed on a case by case basis.

### **Refitting for N95 respirators over pregnancy**

Once you are into second and third trimesters there is likely to be a need for refitting (perhaps more than once depending on amount of weight gain, edema, etc). Please contact your local occupational health and safety (OHS) to ensure you are fitted to the correct model of N95 respirator.

### **COVID-19 Precautions**

The precautions applied for COVID-19 includes [Droplet/Contact PLUS precautions](#) with the addition of an N95 respirator for [aerosol-generating medical procedures](#) (AGMPs), hand hygiene and environmental cleaning and disinfection (including shared equipment).



**Refer to Regulation 308 A and B of [The Occupational Health and Safety Regulations, 1996](#), for more information.**