

Interim Maryland Recommendations for the Protection of Pregnant Healthcare Providers

(May 5, 2009)

General Precautions for Pregnant Women (for more information, see [CDC Guidance - http://www.cdc.gov/h1n1flu/guidance/pregnant.htm](http://www.cdc.gov/h1n1flu/guidance/pregnant.htm)):

1. It is important for pregnant women to take the same preventive actions recommended for the general population:
 - a. Avoid contact;
 - b. Contain disease;
 - c. Limit Exposure;
2. *Pregnant women should self monitor for fever and respiratory symptoms;*
3. If Flu symptoms develop:
 - a. Contact their doctor;
 - b. Treat any fever right away i.e. Acetaminophen (e.g., Tylenol)
 - c. Emergency evaluation should be obtained if they develop any of the following:
 - i. Trouble breathing, shortness of breath or rapid breathing;
 - ii. Chest pain or pressure;
 - iii. Stomach pain;
 - iv. Sudden dizziness;
 - v. Confusion;
 - vi. Severe or frequent vomiting;
 - vii. Seizures;
 - viii. Decreased or no movement of your baby;
 - ix. A higher fever that is not responding to acetaminophen (Tylenol);

Pregnant Health Care Providers:

1. HCFs should conduct a risk assessment to determine where there is increased risk of exposure to H1N1 (swine) flu
2. *Pregnant healthcare providers who may be in direct contact (closer than 6 feet) with admitted or outpatient flu patients should be reassigned* to activities and duties with a reduced risk of exposure to the H1N1 (Swine) Flu, for example, out of direct patient care areas;
3. *If it is not possible to reassign the pregnant health care worker to an area of minimal risk, the health care worker should be provided with appropriate personal protective equipment and educated about the risks of exposure to H1N1 (Swine) flu;*
4. *Pregnant health care workers should avoid participation in procedures in patients suspected of or diagnosed with H1N1 (Swine) flu where those procedures may generate increased aerosols of respiratory secretions:*
 - a. Endotracheal intubation
 - b. Aerosolized or nebulized medication administration
 - c. Diagnostic sputum induction
 - d. Bronchoscopy
 - e. Airway suctioning
 - f. Positive pressure ventilation via face mask (e.g., BiPAP and CPAP)
 - g. High-frequency oscillatory ventilation

5. Pregnant health care workers may provide direct patient care in areas where H1N1 Flu (Swine flu) patients are not seen or admitted;