

## **Expectant Mothers / Living with an Expectant Mother (COVID-19 Guidance Issued by the Government) – Social Distancing**

Following a series of questions that have been raised in relation to the above we would confirm the following:

### ***Expectant Mothers***

The Government have advised expectant mothers that they are potentially at greater risk of illness if they contract the coronavirus and should therefore adopt stringent social distancing measures as outlined below:

1. Wash their hands more frequently for a minimum of 20 seconds.
2. They are strongly advised to avoid socialising with people in the community.
3. They are strongly advised to avoid having family and friends visit them at home.
4. They are advised to use remote access to NHS services.
5. They are strongly advised to alternate their route / means of travel to work each day.
6. They are strongly advised to work from home if this is possible.

If an expectant mother starts with signs or symptoms of coronavirus, they must not go out for 7 days and if your partner starts with the signs and symptoms before you do, you must self-isolate for 14 days (The same isolation rules apply to all people).

According to the Royal College of Obstetricians and Gynaecologists:

1. Pregnant women do not appear to be more likely to be seriously unwell than any other healthy adults if they develop the new coronavirus. It is expected that the large majority of pregnant women will experience only mild or moderate cold/flu like symptoms.
2. More severe symptoms such as pneumonia, appear to be more common in older people, those with weakened immune systems or long-term health conditions. As yet, there is no evidence that pregnant women who get this infection are more at risk of serious complications than any other healthy individuals.
3. Pregnant women were placed in a vulnerable group by the Chief Medical Officer on 16th March which means that they have been advised to reduce social contact through social distancing measures. Pregnant women are still no more likely to contract coronavirus than the general population. What they do know is that pregnancy in a small proportion of women can alter how your body handles severe viral infections. This is something that midwives and obstetricians have known for many years and are used to dealing with. As yet, there is no evidence that pregnant women who get coronavirus are more at risk of serious complications than any other healthy individuals.
4. The decision to class expectant mothers as vulnerable was made by officials as a precautionary measure as they know that some viral infections can be worse in pregnant women. At the moment, there's no evidence that this is the case for the coronavirus infection.

<https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/>

and

[Stay at home: guidance for households with possible coronavirus \(COVID-19\) infection](#)

### ***Living with an Expectant Mother (Vulnerable Person)***

According to current Government guidance, there is **no** reason for employees who have expectant partners to self-isolate or stay away from work.

The Government has issued the following guidance for people living with an expectant mother:

1. Minimise as much as possible the time vulnerable family members spend in shared spaces such as kitchens, bathrooms and sitting areas, and keep shared spaces well ventilated.
2. Aim to keep 2 metres (3 steps) away from the vulnerable person and encourage them to sleep in a different bed where possible. If they can, they should use a separate bathroom from the rest of the household (It is recognised that this is not possible in a lot of cases). Make sure they use separate towels from the other people living in your house, for drying themselves after bathing or showering and for hand-hygiene purposes.
3. If you do share a toilet and bathroom with a vulnerable person, it is important that you clean them every time you use them (for example, wiping surfaces you have come into contact with) and if possible allow the vulnerable person use the bath or shower before you do.
4. Avoid using your kitchen if possible whilst the vulnerable person is in it and try to avoid eating meals in the kitchen at the same time. If you have one, use a dishwasher to clean and dry the family's used crockery and cutlery. If not, wash them using your usual washing up liquid and warm water and dry them thoroughly. If the vulnerable person is using their own utensils, remember to use a separate tea towel to drying them.

The Government recognises that it will be difficult for people to separate themselves from others at home; but urge people to do their very best to follow this guidance and ensure that everybody in their household regularly wash their hands, avoid touching their face, and clean frequently touched positions i.e. kitchen work tops, door handles, etc.

[Stay at home: guidance for households with possible coronavirus \(COVID-19\) infection](#)