

INFORMATION SHEET

Pregnancy and COVID-19 Risk

All available evidence suggests that pregnant people are at no greater risk of becoming seriously unwell than other healthy adults if they develop coronavirus, although a small proportion of pregnant people with coronavirus have required admission to hospital for treatment.

Pregnant people have been included in the list of people at moderate risk (clinically vulnerable) as a precaution. This is because pregnant people can sometimes be more at risk from viruses like flu. Because COVID-19 is new it is not clear whether this is a specific risk but because it is new, it is safer to include pregnant people in the moderate-risk group.

There is no evidence coronavirus causes miscarriage or affects how the baby develops in pregnancy.

If you are in your third trimester (more than 28 weeks' pregnant) you should be particularly attentive to social distancing and minimise any contact with others.

Advice for people who are pregnant

It is important for anyone pregnant to:

- Wash their hands regularly;
- Stay at home as much as possible and follow the advice on social distancing;
- Stay away from anyone who has symptoms of coronavirus.

Other things that can affect the risk

A report by Public Health England found that other things might also mean someone is more likely to get seriously ill from coronavirus.

These include:

- Age – risk increases as people get older;
- Where in the country you live – the risk is higher in poorer areas;
- Being from a Black, Asian or minority ethnic background;
- Being born outside of the UK or Ireland;
- Health conditions e.g. heart disease, coronary issues, diabetes, respiratory conditions;
- Being overweight.

Pregnant people should be taken into consideration as part of the work/ department COVID-19 risk assessment. The risks of COVID-19 should also be taken into consideration in the individual pregnancy risk assessment.

Referral to Occupational Health

If you have any concerns about risk factors that are applicable to an individual and require further discussion/ support, please make a referral to Occupational Health.

Further information

- [Royal College of Obstetricians and Gynaecology: Coronavirus infection and pregnancy](#)
- [NHS: Pregnancy and Coronavirus](#)