



## One minute guide to...

### Pregnancy and Infection Prevention

#### **Pregnancy and Infection Prevention:**

There are a number of infectious diseases that can impact on the health and wellbeing of pregnant women and their children. This includes common illnesses that pregnant women may be exposed to in education and childcare settings including chickenpox, COVID-19, and slapped cheek syndrome.

There is further NHS information about the infectious diseases that can affect pregnant women and their babies: [Infections in pregnancy that may affect your baby - NHS \(www.nhs.uk\)](https://www.nhs.uk)

#### **Protecting pregnant women in the workplace:**

You must, by law, assess the risks to women of childbearing age as part of your general workplace risk assessment. You must also carry out an individual risk assessment, that covers your worker's specific needs, when they have informed you in writing that they are pregnant, breastfeeding or have given birth in the last 6 months.

HSE provides further information: [Protecting pregnant workers and new mothers - Overview - HSE](#)

#### **In addition:**

- Encourage all staff (including pregnant women) to wash their hands regularly with soap and hot water, especially if they have been changing nappies.
- Pregnant women should not kiss young children on the face, share food or cutlery with young children and should not drink from the same glass as them.
- Encourage all staff to get any vaccinations they are eligible for. Pregnant women can talk to their midwife about vaccinations.
- Advise pregnant women who have been exposed to children with chickenpox, slapped cheek syndrome or COVID-19 to speak to their midwife or GP.
- If you are organising school events or trips involving sheep, ensure pregnant women avoid lambing or milking ewes, as well all contact with new born lambs.

#### **Further Information:**

- Pregnancy and coronavirus: [Pregnancy and coronavirus \(COVID-19\) - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- Vaccinations in pregnancy: [Vaccinations in pregnancy - NHS \(www.nhs.uk\)](https://www.nhs.uk)

This guide has been produced by Education IPC, Public Health & Communities Team in Cumbria.  
March 24



Working for Cumberland Council and  
Westmorland & Furness Council