

Outpatient

- Pregnant patients with flu-like symptoms should be directed to the primary care or urgent care setting away from other pregnant women.
- If that is not possible, they should be isolated from healthy pregnant women:
 - Bypass the waiting room, proceed directly to an exam room, keep door closed.
 - Both the ill patient and all healthcare providers who interact with the patient are expected to wear a surgical mask.
- Patients may return to the routine OB care after the following conditions are met:
 1. Patient has received antiviral medications for 48 hours.
 2. Fever has fully resolved.
 3. Patient can control coughs and secretions.

Inpatient

When feasible, place patient on a non-obstetrical floor and follow droplet precautions.

Labor and delivery

- Place a surgical mask on the ill mother during labor and delivery
- Staff should adhere to droplet precautions during labor and delivery

Postpartum

- Place the ill mother in isolation and on droplet precautions after delivery
- Maintain droplet precautions throughout her care
- The safest possible option is to separate a new mother with known flu or flu-like symptoms from her baby for 48 hours. Encourage this options with patients.
- If a symptomatic mother does not want to be separated from her infant, she may keep the baby in her room.
- The mother should be strongly encouraged to do the following before handling her newborn for at least seven days after the onset of influenza symptoms:
 - Wear a surgical mask
 - Change to a clean gown or clothing before handling the baby
 - Adhere to strict hand hygiene and cough etiquette when in contact with her infant, washing or sanitizing hands before and after holding or feeding the baby.

Breastfeeding

- The mother may continue breastfeeding her baby. Breastfeeding can help protect the baby from infection.
- The mother must wear a mask when feeding her baby and practice good hand hygiene

References:

<http://www.cdc.gov/h1n1flu/guidance/obstetric.htm>

<http://www.cdc.gov/h1n1flu/recommendations.htm>