

- As we face the questions raised by the COVID-19 outbreak, you may be asking yourself, "Can I go to work while I'm pregnant?" The answer is yes, you can go to work as long as you can follow the recommended precautions outlined in our Pregnancy and Safety video.
- Wash your hands often, avoid crowds and maintain at least six feet of distance from others whenever possible.
- You can email your doctor for a note that says you are pregnant. Your employer will have to decide if they can accommodate the restrictions needed for proper social distancing. If not, your employer may offer you temporary disability.
- Please note, your doctor cannot compel your employer to put you off work or to offer remote work opportunities.
- We understand that balancing work and pregnancy during a time of crisis is not easy. Kaiser Permanente is here to support you during your pregnancy and will continue to deliver the high quality care you've come to expect from us.