

# Core brief

## **Guidance for healthcare workers with underlying health conditions and pregnant workers**

Further guidance has been received by the Scottish Government for healthcare workers with underlying health conditions and for those who are pregnant. You can find this, along with [updated FAQ's](#) and [Risk Assessment Form](#) on our dedicated web pages at: [www.nhsggc.org.uk/covid19](http://www.nhsggc.org.uk/covid19). In summary:

### **Healthcare workers with severe diseases:**

If you have any of these conditions you will be asked to work from home if possible, transferred to duties that could be undertaken at home, or asked to remain away from work (practising social distancing and/or self-isolation) until the outbreak has abated.

People in this group include:

1. Solid organ transplant recipients.
2. People with specific cancers (see guidance for more details).
3. People with severe respiratory conditions including all cystic fibrosis, severe asthma (requiring regular hospital admissions) and severe COPD.
4. People with rare diseases and inborn errors of metabolism that significantly increase the risk of infections (such as SCID, homozygous sickle cell).
5. People on immunosuppression therapies sufficient to significantly increase risk of infection (see guidance for more details).
6. People who are pregnant with significant congenital or acquired heart disease.

### **Other underlying health conditions**

Healthcare workers with the following underlying conditions can continue to work as long as they practice strict hygiene measures and follow additional guidance and exceptions.

- Chronic (long-term) respiratory diseases, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis.
- Chronic heart disease, such as heart failure.
- Chronic kidney disease stages 4 and 5.
- Hypertension, together with other chronic health conditions.
- Chronic liver disease requiring immunosuppressive medication or having progressed to severe fibrosis or cirrhosis.
- Chronic neurological conditions requiring regular treatments, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy.
- Diabetes
- Splenic dysfunction

- A weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or immunosuppressants.
- Being seriously overweight (a BMI of 40 or above).

### **Pregnant workers**

There are different arrangements for healthcare workers who are pregnant. Please see our [FAQs](#) and [Risk Assessment](#) for more detailed advice.

If you are in any of the Groups above please speak to your Manager who will undertake a risk assessment.



**Are your contact details up-to-date? [Click here](#) to check**