

Guidelines Regarding Women in North Carolina Jails



Dignity for Women Who are Incarcerated Act (SL 2021-143)

Requirements During Pregnancy through Six Weeks Postpartum:



Prohibits use of restraints starting 2nd trimester *



Restraints prohibited during labor and delivery. No exceptions



Prohibits body cavity searches†



Prohibits restrictive housing†



Provide sufficient prenatal food and vitamins



Beds no more than 3 feet from the floor



Free prenatal, labor, and delivery care



Baby can stay with mom in hospital



Free postpartum pads, underwear, and hygiene products

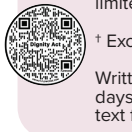
Guidelines that apply to all incarcerated females:



Free menstrual products must be provided



When possible, male employees shall not perform inspections of undressed females†



*Other standards apply outside of facility. Refer to law for limited exceptions.

† Exceptions may be made. Refer to law for limited exceptions.

Written report to sheriff or administrator is required within 5 days documenting instance leading to exception. See the full text for more detail on all provisions of the act.

Women Who are Pregnant or Have Been Pregnant in the Past Year



Call for immediate medical help and/or 911 for any of the below symptoms. These could be signs of very serious complications.



Headache that won't go away or gets worse over time



Dizziness or fainting



Changes in vision



Fever of 100.4° F or higher



Extreme swelling of hands or face



Thoughts of harming self or baby



Trouble breathing



Chest pain or fast beating heart



Severe nausea and throwing up



Severe belly pain that doesn't go away



Baby's movement stopping or slowing during pregnancy



Severe swelling, redness or pain in leg or arm



Vaginal bleeding or fluid leaking during pregnancy



Heavy vaginal bleeding or discharge after pregnancy



Overwhelming tiredness

Substance Use During Pregnancy



Call for immediate medical help and/or 911 if a pregnant woman who uses substances shows signs of withdrawal.



Including: nausea, vomiting, sweating, muscle aches, agitation, or tremors. It is very dangerous for the mother and fetus to experience sudden withdrawal.

For guidance on pregnant women who use substances, call:

The UNC Horizons Substance Use Disorder Program (919-903-0591)

Alcohol and Drug Council of NC: Visit or call alcoholdrughelp.org (1-800-688-4232) and ask for perinatal resources.