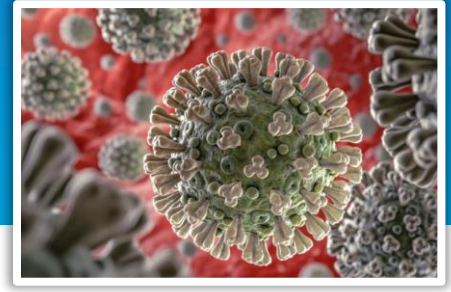


# Caring for your baby while SARS-CoV-2 (COVID-19) positive



New parents have many questions as they welcome a new baby. Talking with doctors, midwives, and nurses can help answer these questions. If you tested positive for SARS-CoV-2, the virus that causes COVID-19, you may have some additional questions at this time. We want to help answer these questions and prepare you for a safe transition from the hospital to home. The information below is based on what we currently know from the Centers for Disease Control and Prevention (CDC) and our experience caring for many families during the pandemic.

## What we know about COVID-19 and babies

- SARS-CoV-2, the virus that causes COVID-19, is passed from person to person through droplets, primarily from your nose and mouth.
- The most common way for a baby to get COVID-19 is by contact with a positive parent or caregiver while they are infectious.
- It is rare, if not impossible, for a mother to give COVID-19 to her baby during pregnancy or at the time of birth.
- We will test your baby for SARS-CoV-2 between 24 and 48 hours of age and again at 14 days, if s/he is still hospitalized.

## Precautions to take in the hospital and at home with your baby

- While you still have COVID-19 symptoms, try to keep your baby at least 6 feet away to prevent spread of airborne droplets.
- It is very important to practice **good hand hygiene** and **wear a mask covering your nose and mouth** when caring for your baby.
- Always wash your hands after putting on and taking off your mask.
- Using a disinfectant, clean all surfaces that you and your baby touch.
- When you return home from the hospital, try to maintain a distance of at least 6 feet when possible. Use a mask and hand-hygiene when directly caring for your infant, until:
  - you are without a fever for 24 hours without the use of medicine like Tylenol (acetaminophen) or Advil (ibuprofen) **AND**
  - at least 10 days have passed since your symptoms first appeared or you tested positive **AND**
  - your symptoms are getting better.

## Hand Hygiene

- Rubbing your hands with alcohol-based hand sanitizer that contains 60% to 95% alcohol and allowing to fully dry, OR
- Washing with soap and water for at least 20 seconds. You can sing the Happy Birthday song twice while you wash your hands!

Practice hand hygiene before and after **all** contact with your baby.



## COVID-19 and breastmilk

- SARS-CoV-2 has not been found in breastmilk.
- Breastfeeding is the best way to feed your baby because it helps support the immune system and protects your baby from infections.
- If you breastfeed your baby, you should wear a mask and practice good hand hygiene before feeding your baby.
- You may want a healthy caregiver to feed your baby your pumped breastmilk.
- If you choose to pump, wash your hands before touching any pump or bottle parts and clean the pump parts that touch your breasts with hot soapy water after each use. You should also clean the breast pump with a disinfectant wipe after each use. Before you go home, your nurse will show you how to practice good hygiene with your breast pump.
- If you feed your baby formula, wear a mask and wash your hands before preparing the bottle and while feeding your baby.

## Monitoring your baby at home

- Call your baby's doctor if your baby has any of the following:
  - High or low temperature ( $<97.5$  or  $\geq 100.4$ )
  - Cough, runny nose or other cold or flu-like symptoms
  - Is not feeding well, especially if s/he has less than 2-3 wet diapers per day.
- Seek medical help immediately if your baby has any of the following:
  - Breathing fast or working hard to breathe
  - Unable to feed or unable to keep feedings down
  - Has no wet diapers within a 24 hour period
  - Is extremely irritable and unable to be soothed
  - Is listless and difficult to arouse
- While you have COVID symptoms or are still in quarantine, please tell your baby's doctor's office that you are COVID positive before your first visit.
- Many people will be excited to meet your new baby! Consider virtual visits like FaceTime or Zoom. Hold off on introducing your baby in person to people who live outside your home until the COVID case count decreases.

## References

[www.healthychildren.org](http://www.healthychildren.org)

[www.cdc.gov](http://www.cdc.gov)