How Do I Protect My Baby from the Common Cold and Other Viruses Once I Go Home?

✓ Breast milk is protective, if available

✓ All household members should get the flu shot and Tdap (whooping cough)!

✓ Wash hands with soap and water or hand sanitizer and wipe down surfaces regularly (cell phone, counters, etc.)

✓ Avoid tobacco(any smoke exposure

✓ Avoid crowded places like the mall, airport

✓ Keep friends and family away if they are sick or have cold symptoms

✓ Make sure to take care of yourself!