



## 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!

