

# NICU Guidelines for Asymptomatic Birthing Parents Who Test Positive for RSV or Influenza

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An asymptomatic birthing parent has a viral admission screening that is unexpectedly positive for Influenza or RSV.

If you **do not have symptoms** for 48 hours after the test, you may visit baby in the NICU.

**You must follow restricted visitation rules.**

## Restricted Visitation Rules

The birthing parent and their partner who tested positive on the viral admission screen for Influenza or RSV but do not have symptoms may visit their baby in the NICU. They can visit up to 2 times each day for no longer than 30 minutes if:

- The OB care team confirms they do not have symptoms of a respiratory illness.
- Parent always wears a gown, gloves, and a medical-grade mask.
- Parent goes directly to and from their baby's room.
- Parent cleans their hands when going into the unit and room.

**Visitors who will not or cannot correctly wear PPE will be asked to leave.**

# Symptomatic RSV or Influenza

## Influenza

A parent with **symptoms and a positive influenza test** can come to the NICU on or after day 7\* if:

- You are fever-free for 48 hours.
- You do not have a productive (wet) cough for 48 hours.
- 7 days have passed since symptoms started.

### Influenza facts:

- **Incubation time:** Symptoms may appear 1 to 4 days after infection. Often within 2 days.
- **Exposure time:** You are contagious 1 day before symptoms start and 5 to 7 days after. So, you may be infected and not know.
- **Symptoms are:**
  - Fever
  - Cough
  - Sore throat
  - Runny or stuffy nose
  - Body aches
  - Headache
  - Chills
  - More tired than normal
  - Diarrhea and vomiting

## Respiratory Syncytial Virus (RSV)

A parent with **symptoms and a positive RSV test** or who cares for a child with RSV may come into the NICU after day 8\* if:

- You are symptom-free for 48 hours before visiting.

### RSV facts:

- **Incubation time:** Symptoms often appear after 4 to 6 days.
- **Symptoms are:**
  - Fever
  - Cough
  - Runny or stuffy nose
  - Wheezing
  - More tired than normal
  - Headache

\*Day 0 is the day of a positive test.