

# COVID-19 and Keeping Your Baby Safe After Delivery

COVID-19 is a virus that can make people sick.

## Can I give the virus to my baby?

Yes, you can give the virus to your baby after they are born.

It is spread by secretions from your nose, mouth or lungs. You can pass these when you are near your baby, such as holding or kissing them.

## How can I protect my baby from the virus?

At first, the Centers for Disease Control and Prevention (CDC) suggested babies be separate from their mothers. Now they suggest parents and doctors talk and decide what is best for the baby. It is safest for your baby if you try to stay away from them while you are sick.

The risk of your baby getting the virus while in the hospital is low if you take steps to keep your secretions away from your baby.

We suggest your baby stay in an isolette in your room and have a healthy person care for your baby.



Baby in an isolette

If you do not want an isolette, we suggest you stay at least 6 feet from your baby.

If your baby stays in your room with you, the baby cannot leave the room.

When you must touch your baby, wash your hands and wear a facemask. We suggest you touch your baby as little as possible. Do **not** kiss your baby until you are better.

## Breastfeeding your baby

Breastmilk is the best for babies. Experts feel it is safe to feed your baby your milk.

It is safest for you to pump your milk. Then have a healthy person feed your milk to your baby. Wash your hands and wear a facemask when pumping.

If you choose to breastfeed your baby, wash your hands and wear a facemask.

## When is it safe to touch my baby?

The CDC feels it is safe when you have been fever free for at least 1 day without taking medicine to treat it. Your symptoms should be better, and it has been at least 10 days since you first got sick. If you never develop symptoms, you should wait 10 days after your first positive test for COVID-19.

We know this is a hard time. Please talk to us. We want to help you make the safest choice.