



COVID-19 Prevention for Your Infant

The best way to prevent illness is to avoid exposure to the COVID-19 virus. Here are some helpful ways to reduce risks and protect your infant at home:

Stop the Spread of Germs

- Perform proper hand hygiene. Wash your hands with soap and water for at least 20 seconds before **ANY** contact with your infant. If soap and water is unavailable, use an alcohol-based sanitizer with at least 60% alcohol while rubbing hands together until dry. Clean hands often.
- Avoid people who are sick and limit interactions with others whenever possible. Keep a distance of 6 feet apart from others.
- Avoid touching your eyes, nose and/or mouth, especially in contact with your infant.
- Always cover your cough or sneeze and wash hands immediately after.
- Wear a mask, always covering your nose and mouth if you are sick or feeling under the weather when in contact with your infant.
- Clean and disinfect all high-touch areas in home often. Be sure not to expose infant to any cleaners/chemicals.

Bonding & Coping

- Breastmilk provides protection against many illnesses and is the best source of nutrition for your infant. Be sure to keep breast area clean and wash your hands often.
- Perform diligent cleaning of all breastmilk equipment (refer to information sheet provided from Lactation).
- Interaction with your newborn is crucial; continue holding and bonding as much as possible.
- Set up a plan for visitors with guidelines that you set forth.
- Take control of ways to keep your infant safe. For example, you can avoid exposure and still stay connected virtually with family and friends.
- Do not feel guilty about wanting to protect your infant.
- Concerns for both parents: Depression from this pandemic along with Postpartum Depression can occur. Keep lines of communication open with family members and seek professional help if needed.

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Be sure to remember these key points:

- **Do not** place a mask on any child less than 2 years old. Face shields are also not recommended. **Never** place these items on your infant, even for a short period of time, due to danger of suffocation/strangulation and the risk of sudden infant death syndrome (SIDS).
- Ideally, all of your infant's follow-up appointments should be done in person if possible. Be sure to keep all of your infant's vaccinations current.
- When in public, remember to keep a distance of six feet between your infant and others. Tent your car seat whenever out in public.
- If you become COVID positive, have your infant cared for by a healthy person, if possible. Notify your pediatrician. We encourage you to isolate until fever free (less than 100.0 F) for 24 hours without taking any fever-reducing medications, 10 days have passed since symptoms started and respiratory systems improved/resolved.
- COVID-19 symptoms in an infant may include fever (100.4 F or higher) overly sleepy, less active, not feeding well, not urinating or having bowel movements on a regular basis, bluish lips and/or trouble breathing.
- If your infant has a fever, bluish lips and/or trouble breathing, seek emergency care immediately. Do not delay.



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