



How can I keep my baby safe in the NICU during the pandemic?

What do I need to do to stop the spread of germs while in the NICU?

- Good hand washing
- Scrub when entering the unit
- Wear a mask covering the nose and mouth
- Stay 6 feet away from others
- Stay home when you are sick
- Minimize exposure to crowds and public places

When should I wash my hands?

- When entering and exiting the unit, room, and baby's bed space
- After changing a diaper
- After touching your mask
- After eating, using the restroom or blowing your nose

Why should I wear a mask?

- To keep yourself and your baby safe
- If you are unmasked and there is an exposure, this could prevent you from seeing your baby since you weren't properly protected

How do I wear the mask?

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Avoid touching the mask
- Clean your hands after removing the mask
- Reusable masks should be washed with soap/detergent and hot water at least once daily
- Discard disposable masks at least daily

If you think you have COVID or have been exposed:

Ask for the NICU Parent Exposure to COVID or COVID Positive FAQs handout for more information



A part of the Chicagoland Children's Health Alliance