



## **After Going Home: Caring for Babies When Mom Has, or is Suspected to Have, COVID-19**

(Care & Feeding guidelines apply to any maternal viral illness even after going home)

### **Newborn Risk**

- Before delivery, it's unlikely that a pregnant woman can give COVID-19 to a baby.
- After being born, babies can get the virus from a sick mother's respiratory droplets.
- Of babies who get COVID-19, almost all of them had a family member with it.
- Because it's so new, we don't know everything about COVID-19. Until we have more information, it's important to limit contact with people who are sick, including the mother.

### **Care of the Baby**

- When possible, assign a healthy designated caregiver who can care for the baby until the mother is well.
- Babies should be kept 6 feet from any sick person. The only exception is in cases of direct breastfeeding (which isn't encouraged—see below).
- Designated caregivers should feed the baby bottles of breast milk or formula. Don't forget to wash hands well before feeding.
- Designated caregiver should provide all baby care. Care includes baths, diaper changes, etc.
- **NO VISITORS**—this includes ANYONE who doesn't normally live with you.
- Wash hands before and after touching the baby. Use hand sanitizer with at least 60% alcohol or wash with soap and water for at least 20 seconds.

### **Feeding the Baby**

- Feeding should be done after washing hands.
- Breastfeeding directly from breast is NOT encouraged by CDC. Babies have a higher chance of getting the virus from contact with a sick mother's respiratory droplets.
  - If family insists on breastfeeding directly while the mother is sick, she **MUST** wear a mask and wash her hands before feeding.
  - When not breastfeeding, the baby should be placed at least 6 feet away from mother.
- We recommend that mothers express breast milk into a bottle. The healthy designated caregiver can then bottle feed the baby.
- Breast pumps and parts should be cleaned in between pumping sessions.
  - Clean pump with antiseptic wipes; clean pump attachments with hot soapy water.

### **Test Results**

***PLEASE DO NOT CONTACT THE EMERGENCY DEPARTMENT OR YOUR JEFFERSON OUTPATIENT CLINIC FOR RESULTS OF THE SARSCoV-2 (Covid-19) TEST.***

- We will contact you with your test result, which may take 3 to 5 days.
- However, if your test result has not returned for 5 days, you may contact your Jefferson Health provider's office for further guidance.