

COVID-19 and Keeping Your Baby Safe After Delivery

COVID-19 is a virus that can make people sick. Little is known about newborns and the virus.

Can I give the virus to my baby?

Right now, experts do not think the virus can spread to the baby while you are pregnant. The risk is spreading 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. Newborn babies may get sicker than other children, but this is not known for sure.

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. This means you both should be in different rooms. You would not be able to visit your baby while in the hospital. A person who is not sick may stay in the room so your baby is not alone.



Baby in an isolette

We suggest your baby stay in an isolette if you choose to have them stay in your room.

If you do not want either of these, we suggest you stay at least 6 feet from your baby. Keep a curtain between you and your baby. Have a healthy person care for baby.

If your baby stays in your room with you, they 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. The virus has not been found in breastmilk. 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 if you choose to breastfeed your baby.

When is it safe to touch my baby?

The CDC feels it is safe when you have been fever free for at least 3 days without taking medicine to treat it. Your cough and shortness of breath should be better, and it has been at least 1 week since you first got sick.

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