For Mothers with COVID-19 Infection   UAB Mother Baby Unit / Newborn Nursery

If you are infected with COVID-19, there is a risk your baby may also become infected either before, during, or after delivery.

The virus that causes COVID-19 infection spreads through tiny droplets released into the air when you breathe or cough. These droplets can land on your skin and other surfaces. If your baby touches your skin (such as your hands or your breast during breastfeeding), the infection can spread to your baby. Even if you don't feel sick or have any symptoms, you may still spread the disease.

Because COVID-19 is a new infection we do not know how serious the infection can be in newborn infants. For that reason, **the Committee on Fetus and Newborn and the Committee on Infectious Diseases of the American Academy of Pediatrics recommend separating the baby from anyone who has the infection, including the mother, until that person is no longer contagious.**

Separation of Mother and Baby:
- Your baby can be separated from you immediately following birth, which will limit the chance your baby will get the infection from you if not already infected during delivery.
- We will provide care for your baby in a separate room from you on the Mother Baby Unit.
- At least one nurse, wearing protective equipment, will stay with your baby at all times while you and your baby are in the hospital.
- Your baby will not come to your room, and you will not hold your baby skin to skin at delivery.
- You may still pump or express breastmilk that the nursing staff will feed to your baby.

Rooming in with Precautions / Mothers who decline separation:
If you are aware of the recommendation for separation from your infant; but, you choose to keep your baby in your room, there are precautions you must follow that may help protect your baby from becoming infected. You must:
- Wear a mask over your mouth and nose at all times (the mask you have been given for delivery). The mask helps to limit those tiny droplets from spreading in the air.
- Wash your hands or use hand sanitizer and put on a clean gown before touching your baby or your baby's clothing, blankets, or crib and before breastfeeding. Also use a bath wipe to clean any areas of your chest that have not been covered by your gown and put on a clean hospital gown before placing your baby skin to skin or holding your baby.
- Keep your baby at least 6 feet away from you when you are not directly caring for the baby. We know those tiny droplets rapidly fall to the ground following a cough, and this happens in less than six feet.
- Your baby will stay in your room at all times unless you cannot care for your baby, or if your baby needs closer observation.
- Unfortunately, we are not able to allow visitors for patients who have COVID-19. You must feel well enough to care for your baby within your room. A nurse will come to your room regularly, but they will not be able to provide all the care for your baby.

If you have a cough that cannot be controlled, are short of breath, or have other symptoms that will prevent you from helping to care for your baby and may increase risk of spread of infection, we strongly recommend separation from your baby.

Length of time for separation or precautions:
You and your family members will need to continue separation or precautions to help prevent the spread of COVID-19 infection to your baby after discharge.
People sick with COVID-19 continue to spread the virus until after all three of the following conditions are met:
- at least **7 days** after the **first symptom** started
- **AND** at least **3 days (72 hours) since the last fever** without taking fever-reducing medicine
- **AND** all other symptoms (cough, breathing trouble, etc.) are improving

People with a positive COVID-19 test who never develop symptoms should continue separation or precautions until 10 days after the positive test.

Do not put a mask or face covering on your baby or any child under the age of 2 years. Face coverings of any kind create a risk of suffocation for infants and young children.