If you are infected with COVID-19, there is a risk your baby may also become infected. 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 breathes in these droplets or touches your skin the infection may spread to your baby. Even if you don’t feel sick or have any symptoms, you can spread COVID-19. COVID-19 is a new infection. We do not know how many babies with the infection will get very sick or have serious complications; so, it is very important to take precautions to lower the risk of spreading the infection to your baby.

**Rooming in with precautions:**

- Wear a mask **over your mouth and nose** at all times 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.
- 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. The tiny droplets that are produced when you breathe, speak or cough seem to fall to the ground before reaching 6 feet away.
- Keep your baby at least 6 feet away from you when you have to remove your mask to eat or drink.
- Keep your baby at least 6 feet away from you when you are sleeping since your mask may not stay in place.
- We are not able to allow visitors for patients with COVID-19. You must feel well enough to care for your baby in your room. A nurse will come to your room regularly but will not be able to provide all the care for your baby.
- If you do not feel well enough to care for your baby please notify your nurse immediately so that the baby can be taken to the isolation nursery where a nurse will stay with him or her at all times.

**Separation of mother and baby:**

If you have a **cough that cannot be controlled**, are **short of breath**, or have other **symptoms** that will keep you from being able to care for your baby and may increase risk of spread of infection, we recommend that you consider **separation from your baby**. In this case the baby will be cared for in the isolation nursery where a nurse will stay with him/her at all times. If you do not have these symptoms but are very worried about your baby getting infected and want to talk to a doctor about separation, please let your nurse know.

**What to do when you go home:**

You and will need to continue the same precautions to help prevent the spread of COVID-19 to your baby at home. Everyone in your household, even if they have tested negative, will need to follow the precautions to prevent spreading COVID-19 to the baby since they have been exposed to COVID-19. Family members who are elderly or have medical problems that make them high risk for complications with COVID-19 should avoid contact with the mother and baby.

**How long to continue precautions at home:**

People with COVID-19 should take precautions until ALL of the following are met*:

- at least **10 days** since the most recent **positive COVID-19 test**
- **AND** at least **10 days** after the **first symptom** started
- **AND** at least **24 hours since your 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:

- at least **10 days** *after the most recent positive test*

People exposed to COVID-19 who have not been tested and do not have symptoms:

- **14 days** after last exposure

*Precautions may be needed for 20 days or more for people with weakened immune systems or severe or critical illness from COVID-19. Talk to your baby’s doctor if you are unsure.

To prevent suffocation **do not put a mask or face covering on your baby or any child under the age of 2 years.**

For more information: [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus) and [www.healthychildren.org](http://www.healthychildren.org)