

# CARING FOR YOUR BABY IF YOU HAVE COVID-19

If you recently had a baby and are in isolation for COVID-19, take precautions while caring for your newborn in the hospital and at home.



## If you are sharing a room with your baby in the hospital:

- Wash your hands with soap and water for at least 20 seconds before holding or caring for your baby. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- Wear a mask when within 6 feet of your baby.
  - » Do not put a face shield or mask on your baby. A face shield or mask could increase the risk of [sudden infant death syndrome \(SIDS\)](#) or accidental suffocation and strangulation.
- Keep your baby more than 6 feet away from you as much as possible.
- Talk to your healthcare provider about using a physical barrier while you are in the hospital, like placing your baby in an incubator.



## Know when it is safe to end isolation and extra precautions

- If you had symptoms, it is safe to end your isolation after
  - » 5 days since your symptoms first appeared and
  - » 24 hours with no fever without fever-reducing medications like ibuprofen and
  - » Your other symptoms of COVID-19 are improving
- If you never had symptoms, it is safe to end your isolation 5 days after the date of your first positive COVID-19 test.

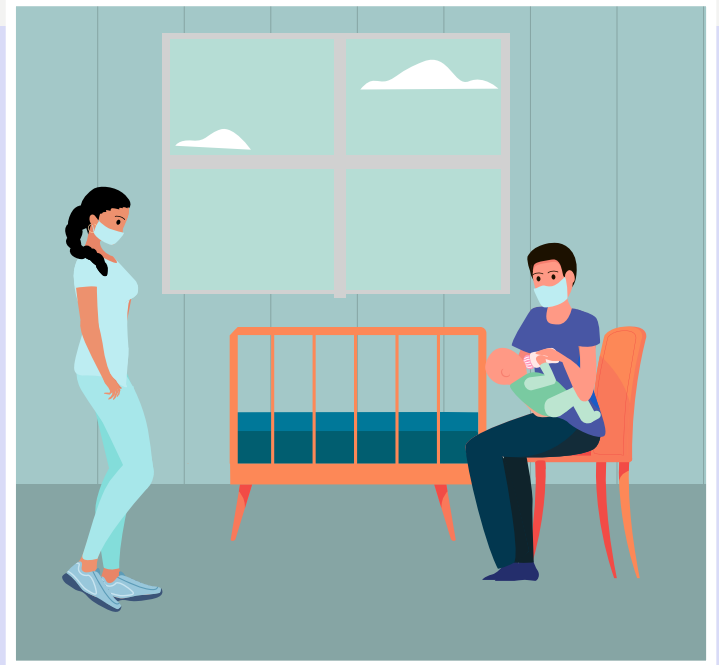
Once your isolation period has ended you should still wear a mask until day 10. After 10 days, you should still wash your hands before caring for your newborn, but you don't need to take the other precautions..



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

## If you have COVID-19 and are caring for your baby at home:

- Stay home.
- Stay away from other people who live with you who are not infected.
- Wear a mask in shared spaces. The mask helps prevent you from spreading the virus to others.
  - » Do not put a face shield or mask on your baby. A face shield or mask could increase the risk of sudden infant death syndrome (SIDS) or accidental suffocation and strangulation.
- Have a healthy caregiver who is up to date on their COVID-19 vaccines and is not at increased risk for severe illness from COVID-19 care for your baby.
  - » The caregiver should wash their hands for at least 20 seconds before touching your baby. If soap and water are not available, they should use a hand sanitizer with at least 60% alcohol.
  - » If the caregiver is living in the same home or has been in close contact with you, they might have been exposed. They should wear a mask when they are within 6 feet of your baby the entire time you are in isolation and during their quarantine after you complete isolation.
- If a healthy caregiver is not available, you can care for your baby if you are well enough.
  - » Wash your hands with soap and water for at least 20 seconds before touching your baby. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
  - » Wear a mask within 6 feet of your baby and other people during your entire isolation.



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**COVID-19 vaccination is recommended for people who were recently pregnant.** COVID-19 vaccines are effective at protecting you from getting sick even after you have had COVID-19. In addition, everyone who is eligible should get a [booster shot](#).

