

# Keeping Your Baby Safe

## How to protect your little one from germs and viruses

This cold and flu season is going to be especially dangerous for vulnerable infants their families. But there are things you can do to be safer.

### Here's what you can do...

- FLU
- COVID-19
- RSV

#### Wash Your Hands

- This is the single, most important thing you can do to stop the spread of viruses.
- Use soap.
- Wash for more than 20 seconds.
- Use alcohol-based sanitizers.



#### Limit Contact with Others

- Stay home when you can.
- Wear a face mask when out.
- Stay at least 6 feet apart when out.
- Change your clothes when you get home.
- Tell others what you're doing to stay safe.



#### Provide Protective Immunity

- Hold baby skin-to-skin.
- Give them your breast milk.
- Stay current with your family's immunizations.



#### Take Care of Yourself

- Stay connected with your family and friends.
- Sleep when you can.
- Drink more water and eat healthy foods.
- Seek mental health support.



#### Immunizations

Vaccinations save lives. Protecting your baby from flu and pertussis lowers their risks for complications from RSV and COVID-19.



WARNING

#### Never Put a Mask on Your Baby

- Because babies have smaller airways, a mask makes it hard for them to breathe.
- Masks pose a risk of strangulation and suffocation.
- A baby can't remove their mask if they're suffocating.



#### If you are positive for COVID-19

- Wash with soap and water and put on fresh clothes before holding or feeding your baby.
- Wear a mask to help stop respiratory viruses from spreading.
- Watch out for symptoms like fever, confusion, or trouble breathing.
- Ask for help caring for your baby and yourself while you recover.



We can help protect each other.

[Learn more](https://www.nationalperinatal.org/COVID-19) [www.nationalperinatal.org/COVID-19](https://www.nationalperinatal.org/COVID-19)