Keeping Your Baby Safe during the COVID-19 pandemic

How to protect your little one from germs and viruses

Even though there are some things we don’t know about COVID-19 yet, there are many more things that we do know. We know that there are proven protective measures that we can take to stay healthy.

Here's what you can do...

- **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.
  - Stay 6 feet apart when out.
  - Wear a face mask 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 coronavirus.

- **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 the virus 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
www.nationalperinatal.org/COVID-19