

Caring for Your Infant During the COVID-19 Pandemic



Do not place a surgical mask over your infant's face – it may lead to suffocation.

According to the Centers for Disease Control and Prevention (CDC), masks should not be worn by a child under 2 years old.

Why?

- Babies have smaller airways, and masks make breathing more difficult.
- Babies aren't strong enough to change position if they are having a hard time breathing.

Tips to Keep Your Baby and Family Healthy:

- Wash your hands for 20 seconds before holding your baby, and wear a mask if you have any symptoms or feel sick.
- Stay at home as much as possible.
- If you need to go out, place a blanket loosely over you baby's car seat or stroller – but NEVER over the baby.
- Baby should be introduced to symptom-free immediate family only, and they should be wearing a mask and have washed their hands for 20 seconds.
- Use FaceTime or video calls to introduce your new baby to family and friends.
- Disinfect countertops, light switches and door handles often.

What to Do If Someone in Your Family Gets Sick

The CDC recommendation is to separate the sick person from baby if possible, pump breast milk and have a healthy person feed the baby. If unable to separate baby from mother, perform excellent hand hygiene and wear a mask when near the baby.

Once you are settled at home with your infant, monitor for infection. If your infant has any of these symptoms, call your pediatrician immediately.

- Poor feeding
- Difficulty breathing
- Difficult to arouse or wake up
- Decreased or elevated temperature
- Unusual skin rash or change in skin color
- Persistent crying
- Unusual irritability

