



IF YOU HAVE BEEN DIAGNOSED WITH OR MIGHT HAVE CORONAVIRUS (COVID-19)

- There is still much that we do not know about COVID-19. We are sharing with you the best information that we have right now.
 - We do not know if the virus can pass to the baby while you are still pregnant. If this does occur, it would be very rare.
 - The best information available suggests the virus is not present in your breastmilk. We **know** that antibodies in your breastmilk help protect your baby from infections. ***Your milk is not only safe, but beneficial for your baby.***
- The virus can be transmitted from mothers or other caregivers to newborns just like it spreads through families and communities.
- The virus is spread mainly between people who are in close contact with one another (within about 6 feet) when an infected person coughs or sneezes. A person can get COVID-19 by touching things that have the virus on it and then touching their mouth, nose, or eyes.
 - Wearing a mask helps prevent spread through coughing or sneezing. Washing your hands or using hand sanitizer helps prevent spread through touching things that have the virus on them.
 - We don't know exactly "how much" separation is needed to protect newborns from infection.
 - If you are sick, it may be best to use precautions even if you have a negative test for COVID-19 because the test results are not always correct.
- Most babies under the age of one who have had COVID-19 have had mild symptoms, but there have been some instances when babies have had more serious symptoms.
- ***You can help decide how we take care of you and your baby after delivery*** by choosing whether you would like "least risk" or "reduced risk" care for your baby when it comes to separation and breastfeeding.
 - "Least risk" care means eliminating contact with your baby to minimize the risk of getting COVID-19. You are trading contact with your baby to minimize risk of infection.
 - "Reduced risk" care means reducing normal levels of contact with your baby and taking other steps we believe can reduce the risk of infection with COVID-19.
- Currently, the CDC recommends babies remain 6 feet from a mother who has (or might have) COVID-19. We will help you know when it is safe to end this separation. The American Academy of Pediatrics currently recommends feeding these babies expressed (pumped) breast milk, but also gives advice for mothers wishing for baby to feed at their breast. We will support your decisions.

Least Risk

Isolation: Baby will stay in a separate room until you are discharged or until you are fever free for 72 hours AND at least 10 days past the start of your symptoms AND having improvement of other symptoms.

Breastfeeding: You will pump expressed breast milk and this milk will be given to baby. You will be shown how to pump safely. (This option may still be chosen if you choose "Modified standard" isolation)

Reduced Risk

Isolation: Baby will stay in your room, but will stay at least 6 feet away from (except when feeding or having close contact with you baby, if desired). Once you are fever free for 72 hours AND 10 days past the start of your symptoms AND having improvement of other symptoms you can resume close contact. Placing baby in an incubator may further reduce risk.

Breastfeeding: You will breastfeed after careful cleaning of your hands and breasts with soap and water. You will wear a mask while breastfeeding.

