

BABY AND POSTPARTUM FAQ

How will COVID-19 impact my baby?

How many visitors are allowed in the NICU?

Given the uncertainty around COVID-19 and the rapidly changing environment, visitor policies are constantly changing. Please contact the NICU for the most up-to-date visitation policies.

Can COVID-19 be transmitted through breast milk?

Currently, there is no evidence that COVID-19 transmits through breastmilk. Refer to and follow CDC guidance.

Once I return home, how can I protect my baby from COVID-19?

At this time, there's no vaccine for COVID-19, but there are ways to protect yourself and your baby from exposure to the virus. Once home, we encourage you to limit the number of visitors coming into the home and leverage technology to connect with loved ones (ex: FaceTime, Skype or Zoom).

To avoid infection:

- Stay home when you're sick and avoid people who are sick
- Cover your cough (using your elbow is a good technique)
- Try not to touch your eyes, nose or mouth
- Wash your hands regularly with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer with at least 60 percent alcohol
- Clean and disinfect objects you touch regularly and surfaces using a regular household cleaning spray or wipe. Use hot, soapy water or a dishwasher to wash dishes and utensils.
- Talk to your health care provider about your health and risk of COVID-19

You can find additional information on preventing COVID-19 disease at CDC's Prevention for 2019 Novel Coronavirus:

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html



COVID-19 is a new disease and we are still learning how it spreads. Stay informed with the latest health information per the CDC: **www.cdc.gov/**. COVID-19 and pregnancy specific information may be found here: **www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html**.