

How to Care for Yourself and Your Baby When You Have COVID-19 (Coronavirus)

COVID-19

You have COVID-19 (coronavirus). This is a respiratory illness that can cause fever, cough and shortness of breath.

Some people also experience runny nose/ nasal congestion, diarrhea, nausea or vomiting, and a decreased sense of smell or taste. These symptoms are also found in many other common infections.

Because pregnant women are more susceptible to other viral respiratory infections, like influenza (the flu), the Centers for Disease Control and Prevention (CDC) predicts that pregnant women may experience more severe COVID-19 symptoms than the general population.

It can take more than 2 weeks for symptoms to go away. During this time, make sure you:

- rest
- eat healthful foods and beverages
- stay hydrated. (Drink plenty of liquids such as water, diluted juices and Gatorade®.)

It is important to remember that COVID-19 is spread by coming into close contact (about 6 feet) with a person who has COVID-19. You can become infected from respiratory droplets when an infected person coughs, sneezes or talks.

When to Call Your Health Care Provider

Call your health care provider if your symptoms are getting worse. He or she will give you instructions on what to do if you need to be seen.

Call 911 or have someone take you to the nearest hospital Emergency Department if you have:

- trouble breathing
- severe shortness of breath
- bluish color to your lips or face
- pain or pressure in your chest
- trouble waking up or feel confused.

If you have a medical emergency, tell the 911 operator that you have COVID-19.

When to Call Your Baby's Health Care Provider

Call your baby's health care provider right away if your baby has trouble breathing or has a temperature higher than 100.4 F. Tell him or her that you have COVID-19.

Call 911 if you think your baby is having a medical emergency. Tell the 911 operator that you have COVID-19.

(over)

COVID-19 and Your Baby

- There is not a lot of information about babies and children infected with COVID-19. It has been reported that most babies who have gotten the virus around the time of birth have done well.
- It is unclear if babies can get COVID-19 during delivery. Babies can get it after birth through contact with someone who has COVID-19. Research has not found the virus in breastmilk.
- If your baby gets the virus, his or her symptoms will usually be mild. They will most likely include a stuffy nose, sneezing or coughing.

When You Get Home

- You will need to separate yourself from others in your home. It is recommended to only leave your home if you need medical care.
- Avoid public transportation, ride-sharing, taxis and public areas. Do not go to work or school.
- Stay in a specific room and use a bathroom separate from others in your home, if possible.
- If you are around others, wear a mask. If you are using a cloth mask, wash it often to keep it clean.
- You do not need to be on bedrest. It is important to keep moving to help avoid developing blood clots in your legs.
- Wash your hands often with warm, soapy water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol. Encourage your family to do the same.

To learn more, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) and choose “what to do if you are sick.”

Caring for Your Baby

It is important to take special steps to reduce exposing your baby to the virus.

- It is best to be separated from your baby until your symptoms have improved.
 - You should be at least 6 feet away from your baby most of the time.
 - When it is not possible to be separated, you should put on a mask and wash your hands with warm, soapy water for at least 20 seconds.
 - When holding your baby, consider having clean clothing or a clean blanket as a barrier between you and your baby.
- A healthy adult should care for your baby. Caregivers should wash hands after entering your home and before touching your baby.
- Limit visitors to only those needed to care for you or your baby.

The CDC recommends following the special steps listed above until these three things have happened:

- you have had no fever for at least 72 hours (that is 3 full days of no fever without the use of medicine that reduces fever)
and
- other symptoms have improved (for example, when your cough or shortness of breath are better)
and
- at least 10 days have passed since your symptoms first appeared.

Feeding Your Baby

There is a chance that you could give the virus to your baby during close contact when feeding your baby.

If you are formula feeding, it is recommended to have a healthy adult make the formula and feed your baby.

If you are breastfeeding, you may pump or express your breastmilk to feed to your baby. Research has not found the virus in breastmilk.

- If you are sick and are pumping, it is recommended that a healthy adult feed the breastmilk to your baby with a bottle or another method.
- Before pumping or expressing breastmilk, wash your hands well before touching any pump or bottle parts. Follow the manual instructions to clean the pump properly after each use.
- If you breastfeed your baby:
 - Keep your breasts clean and covered by your clothes. If your breasts are exposed to respiratory droplets, take a shower or wash them with warm, soapy water.
 - Wash your hands with warm, soapy water for at least 20 seconds.
 - Put on a mask.
- If you need help with breastfeeding, or pumping or expressing your breastmilk, please get lactation support. For more information, please see your After Visit Summary.

Important: All caregivers for your baby should wear clean clothing and wash their hands before feeding your baby.

Medical Care for Your Baby

- Ask your baby's health care provider what visits or well checkups to schedule for your baby.
- If you go to the clinic for a visit, let them know ahead of time that you have or had COVID-19.
- If you are still sick, have a healthy adult take your baby to the clinic if possible.
- Usually, the person bringing your baby to the clinic will need to wear a mask.
- The clinic staff may ask that your baby's car seat or carrier be covered loosely with a clean sheet or blanket before coming into the clinic.
- It is important that any visits to the clinic be scheduled with the clinic staff.