

Caring for Your Baby if You Have COVID-19

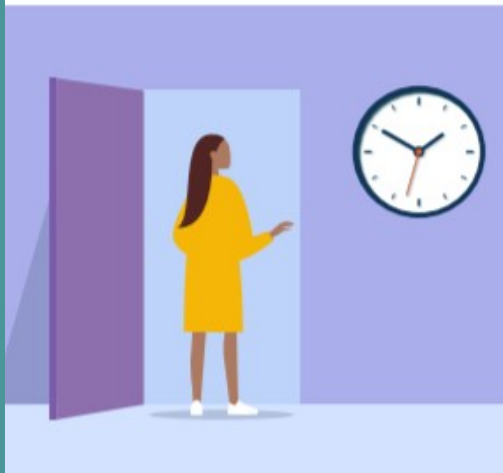
Accessible Link: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>

If you recently had a baby and are in isolation for COVID-19, take precautions while caring for your newborn in the hospital and at home.



If you are sharing a room with your baby in the hospital:

- Wash your hands with soap and water for at least 20 seconds before holding or caring for your baby. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- Wear a mask when within 6 feet of your baby.
 - » Do not put a face shield or mask on your baby. A face shield or mask could increase the risk of [sudden infant death syndrome \(SIDS\)](#) or accidental suffocation and strangulation.
- Keep your baby more than 6 feet away from you as much as possible.
- Talk to your healthcare provider about using a physical barrier while you are in the hospital, like placing your baby in an incubator.



Know when it is safe to end isolation and extra precautions

- If you had symptoms, it is safe to end your isolation after
 - » 10 days since your symptoms first appeared and
 - » 24 hours with no fever without fever-reducing medications like ibuprofen and
 - » Your other symptoms of COVID-19 are improving
 - If you never had symptoms, it is safe to end your isolation 10 days after the date of your first positive COVID-19 test.
- After your isolation ends, you should still wash your hands before caring for your baby, but you don't need to take the other extra precautions.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)