

GOING HOME FROM THE HOSPITAL AFTER BIRTH WHEN YOU HAVE COVID-19 OR ARE WAITING FOR TEST RESULTS 5/05/20

GOAL: To reduce the risk of giving the virus that causes COVID-19 to the baby, we recommend continued isolation at home, temporarily keeping the baby and mother in separate rooms

FOR THE BABY:

Continue to keep the baby away from the family and mom. Ideally a healthy adult who has not had any symptoms for 14 days, who is not the partner of the mom, takes care of the baby in a separate room (caregivers wearing a mask, doing frequent hand-washing) until baby is reunited with mom.

When Can the Baby Come Out of Isolation?

If the baby has two negative COVID tests in a row, the baby can come out of isolation.

Babies that do not have two negative COVID tests in a row should stay in a separate room at home until 14 days of age. If the baby gets sick, please call your pediatrician to have your baby tested and discuss a care plan.

Mom may be reunited with baby during this time based on whether she has had follow-up testing after discharge for COVID-19 (some moms will have this based on their disease process and others will not). If she is reunited, she does not have to wear a mask but we still recommend good hand hygiene. See below:

- If mom did not have follow-up testing: She may be reunited with baby if she has had at least 3 days (72 hours) without a fever and has not used fever-reducing medications during this time **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**, at least 10 days have passed *since symptoms first appeared*.
- If mom does have follow-up testing: She may be reunited with baby if her fever has gone away and is not using fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **and** negative results from at least two consecutive nasal swab COVID-19 tests collected ≥ 12 -24 hours apart (total of two negative tests).

How Should Mom Breastfeed Safely?

It is well known that breastmilk is full of ingredients that all work together to help babies develop a strong immune system and fight infections in their immediate environment. Breast-pumping milk for the baby is recommended. Careful factors need to be taken to make sure babies can breastfeed safely:

- When not breast-pumping, keep mother's breasts covered so they don't become polluted from droplets from your nose and mouth. If these droplets do get on your breasts, wash them with soap and water or a germicidal wipe.
- Moms should wash hands for 20 seconds and put on a mask before touching her breasts.
- If using a breast-pump, follow directions for pump cleaning after each use.
<https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html>
- If possible, have someone who is not sick feed pumped milk to your baby.

FOR THE BIRTH PARENT:

When Can Mom Stop Isolation at Home?

If mom had a positive COVID test but no symptoms: **10 days after testing positive.**

If mom had a positive test and the following symptoms (fever, cough, shortness of breath):

- **At least 10 days** from the first symptoms
- **AND 3 days (72 hours)** after all your symptoms have improved; including no fever without the use of fever-reducing medications

More testing is not needed after this time.

****NOTE:** Even if you have stopped isolation, your baby still needs to be in isolation for 14 days unless he/she has had two negative COVID tests in a row. The reason for this is because the baby has been exposed to the virus and can still get sick and/or infect other people.

What is the Best Way to Isolate at Home?

- Stay in one room, away from other people in your home. Use a separate bathroom if you can.
- Stay separated for meals. If possible, the other person in your home can bring meals to the door of your room. Eat in your room if you can.
- Wear a facemask, if you can, when around other people (e.g., sharing a room or car).
- Cover mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; and clean hands at once as described below.
- Avoid touching eyes, nose, or mouth with unwashed hands.
- Wash hands often with soap and water for at least 20 seconds. Another method to clean hands is with hand sanitizer that has at least **60% alcohol**. Cover all surfaces of hands and rub them together until they feel dry. Soap and water are best if hands are visibly dirty. Key times to clean hands include:

- After blowing your nose, coughing, or sneezing
- After using the restroom
- Before eating or preparing food
- After contact with pets.
- Clean “high touch” surfaces such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, TV remotes, toilets, faucets, sinks. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.
- Do not leave home, except for getting medical care. Do not use public transportation, ride-sharing, or taxis. Wear a mask in the car on the way to and from your medical appointment.
- Try to get help from a healthy relative or friend to bring food and supplies. Have them come to the door and not step inside.
- If other people at home start to develop symptoms (fever, cough, shortness of breath), please call the King County Novel Coronavirus Call Center (206-477-3977) or the Washington State Department of Health Call Center (1-800-525-0127, press #) if you live outside of King County. (<https://www.cdc.gov/coronavirus/2019-ncov/prepare/disinfecting-your-home.html>).

FOR THE BIRTH PARENT WHO IS NOT ABLE TO ISOLATE AT HOME:

GOAL: If you cannot or decide not to separate from your baby (as recommended by the CDC), take all possible safety measures to avoid spreading the virus.

What is the Best Way to Protect the Baby Without Isolation?

- Minimize contact with your baby as much as able.
- When in contact with the baby, wear a mask if able.
- Before touching the baby, wash hands with soap and water for at least 20 seconds.
- Follow the measures listed under “How Do I Isolate At Home?” if you able.
- When in the same room as the baby, try to keep baby 6 feet away when possible.
- If there is another asymptomatic caregiver at home, try to have this person perform baby care when possible.

What is the Best Way to Breastfeed the Baby?

When near or breastfeeding the baby:

- (1) FIRST perform excellent hand washing (<https://www.youtube.com/watch?v=lisgnbMfKvI>).
- (2) THEN put on a mask to help contain secretions from your nose and mouth.
- (3) AFTER being with baby, take off the mask and wash hands again.