

How to Prepare for Taking a Baby Home during the Covid-19 Pandemic

Getting Ready:

- ❖ If you need to go to stores to get essential items, try to go during off hours when they might not be as crowded. Wash your hands before and after going out. Use online shopping with delivery or pick-up where available to limit the time you are in stores. Experts say to wipe down delivery boxes or open them outside if possible, and then wash your hands.
- ❖ Have one designated person in the family always going out to do the essential tasks such as grocery shopping. If that person gets sick, they can isolate themselves and you can stay healthy to care for the baby.
- ❖ Essential Items to have at home:
 - Food and Water - try to stock up on foods such as canned foods, rice, dried beans, peanut butter, granola bars, and things that have a long shelf life
 - Baby foods: Breast milk storage items / pump / formula if being used
 - Baby items: Diapers, water wipes, thermometer
 - Mother's prescription medications
 - Household items – bleach, alcohol, soap, shampoo, toothpaste, disinfectant wipes if available

Prevention:

- ❖ Avoid exposing your baby to any people who may be sick.
- ❖ Wash hands often with soap and water for at least 20 seconds. If that's not available, use hand sanitizer.
- ❖ Avoid touching your eyes, nose or mouth with unwashed hands.
- ❖ Limit the number people who are providing care for the baby. If people want to help ask them to drop off food, run errands for you so you can stay home, pick up your laundry to do it, spend time with you on the phone or on-line.
- ❖ Confirm with your baby's health care provider what follow-up visits will be like, the schedule of visits and how to contact the office if you have questions or concerns about the baby.
- ❖ Breastfeeding provides extra protection from infections. If you or your baby are having any difficulties with breastfeeding or if you have concerns about how you or your baby are doing with breastfeeding call your health care provider. Newborn Connections provides lactation support by video, phone and at the office as needed.
- ❖ Social Distancing: Avoid leaving the house if possible, minimize all visitors to the house that are not essential, stay at least 6 feet away from anyone outside. Cover your mouth and nose when outside in public if you can (a cloth mask works best.)
- ❖ Non-caregivers in the house should practice physical distancing from caregivers and the baby as much as is practical. This is especially important if there are other young children in the home or others that leave the home frequently and could be exposed to any illness. Anyone around the baby or any items that are used with the baby should wash his/her hands before any contact.
- ❖ Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water or disinfectant wipes if you have them.
- ❖ Launder items frequently including washable plush toys.

Making a Plan:

- ❖ Choose a room in your home that can be used to separate sick household members from those who are healthy. Identify a separate bathroom for the sick person to use, if possible.
- ❖ Have your doctor's numbers handy if you start to feel overwhelmed or unable to handle things.
- ❖ Get to know your neighbors. Talk with your neighbors (by phone) about emergency planning. If your neighborhood has a website (nextdoor.com) or social media page, consider joining it to maintain access to neighbors, information, and resources.
- ❖ Identify aid organizations in your community. Create a list of local organizations that you and your household can contact in the event you need access to information, health care services, support, and resources.
- ❖ Create an emergency contact list. Ensure your household has a current list of emergency contacts for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources.

What to do if you start to feel sick (see back of sheet)?

What to do if you or someone else in your home start to feel sick:

(Adapted from the Center for Disease Control website (<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>)).

- Call your doctor about getting tested

- The following steps are suggestions to reduce the risk of transmission within the home:
 - Make sure that any shared spaces in the home have good air flow, (e.g., air conditioner or an opened window, weather permitting).
 - Affected household members should stay separated from the baby and the healthy parent or caregiver as much as possible, ideally in a separate bedroom and bathroom without any shared immediate space.
 - Do not allow visitors unless they have an essential need to be in the home.
 - Pets:
 - Do not handle pets or other animals while sick.
 - Other household members should care for any pets in the home.
 - Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Use soap and water if hands are visibly dirty.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Facemasks:
 - Wear a facemask if you are in the same room as your infant.
 - Ask your baby's doctor if you need to wear gloves when in contact with blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, or urine.
 - If possible use disposable masks and gloves and throw out after use.
 - Personal Protective Equipment (PPE):
 - When removing PPE, first remove and dispose your gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
 - Avoid sharing household items. Do NOT share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. Wash items thoroughly.
 - Clean all "high-touch" surfaces daily (e.g., counter tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables). 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. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
 - Wash laundry thoroughly.
 - Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
 - Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing your gloves.
 - Read and follow directions on labels of laundry or clothing items and detergent. In general, using a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
 - Place ALL used disposable gloves, facemasks, and other contaminated items in a lined container before disposing them with other household waste. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty.
 - Discuss any additional questions with your state or local health department or healthcare provider.