

# Protecting your baby from COVID-19



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It is important that you take certain precautions to protect your newborn baby against COVID-19. As we discussed, your baby's immune system is still developing, so it is crucial to keep them as healthy as possible! We must all do our part to contain this virus so we can get back to normal as soon as possible. Here are some ways you can help:

- **Wear face coverings any time you are around someone who is not in your pod.**
  - Babies are protected when people around them wear masks. Do not put a mask on your baby, as they can suffocate. Children over two should wear masks.
  - People who are infected with COVID-19 may not appear sick but can still spread the virus.
- **Keep a safe distance!**
  - **Avoid crowds.** Even if you are outside, it is important to maintain at least 6 feet between yourself/your baby and others.
  - **Limit visitors.** We realize how hard this is during this exciting and exhausting time, but all visitors bring with them the potential to spread the virus to your baby. Embrace virtual hangouts, and let family and friends know they are still welcome to drop off diapers, groceries, and prepared meals on your front porch!
- **Wash your hands frequently.**
  - Wash hands frequently and make sure others in your home do as well. Use warm water and soap, and scrub for 20 seconds.
  - Have hand sanitizer available for times when you cannot wash hands.
  - Wash or sanitize hands any time you have been out of the house or touched a surface that others may have touched.