

## **How can I protect my newborn from COVID-19?**

What happens once you're home? This is an exciting time for you and your family. And while you're eager to introduce your new bundle of joy to your friends and family, at this time of increased concern about illness, we want to help you keep you and your family healthy and safe.

We recommend that you not allow visitors to your home, and that you minimize the number of people who touch or hold your baby. Consider having video alternatives or sharing pictures with your loved ones.

If visitors do come, they should wash their hands with soap and water for 20 seconds, use hand sanitizer often, and maintain at least six feet of distance from the baby. And no one with a cough, cold, or fever should visit the baby.

Let friends and family know that they can still do their part to help you and your new baby. They can drop off a box of diapers, bags of groceries, and prepared meals.

Another way they can help is by donating blood. There is a severe shortage of blood during the COVID-19 crisis, and this is a great way to show support for our communities.

By keeping a safe distance during the outbreak, they are helping to keep you and your baby safe and healthy.