

Caring for Newborns

Caring for newborns when the mother has COVID-19

While much is still unknown about the risks of COVID-19 to newborns born to mothers with COVID-19, we do know that:

- COVID-19 is uncommon in newborns born to mothers who had COVID-19 during pregnancy.
- Some newborns have tested positive for COVID-19 shortly after birth. It is unknown if these newborns got the virus before, during, or after birth.
- Most newborns who tested positive for COVID-19 had mild or no symptoms and recovered. However, there are a few reports of newborns with severe COVID-19 illness.

Caring for your newborn in the hospital if you are diagnosed with or test positive for COVID-19.

Current evidence suggests that the risk of a newborn getting COVID-19 from their mother is low, especially when the mother takes steps (such as wearing a mask and her washing hands) to prevent spread before and during care of the newborn.

Decide if your newborn is rooming-in with you in the hospital.

Discuss with your healthcare provider the risks and benefits of having your newborn stay in the same room with you. Having your newborn stay in the room with you has the benefit of facilitating breastfeeding and mother-newborn bonding. Start this conversation before the baby is born if possible.

Take precautions if your newborn is rooming-in with you in the hospital.

If you are in [isolation for COVID-19](#) and are sharing a room with your newborn, take the following steps to reduce the risk of spreading the virus to your newborn:

- Wash your hands with soap and water for at least 20 seconds before holding or caring for your newborn. 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 newborn.
- Keep your newborn more than 6 feet away from you as much as possible.
- Discuss with your healthcare provider ways to protect your newborn, such as using a physical barrier (for example, placing the newborn in an incubator) while in the hospital.

Once your [isolation period has ended](#), you should still wash your hands before caring for your newborn, but you do not need to take the other precautions. You most likely will not pass the virus to your newborn or any other close contacts after your isolation period has ended.

- If you had symptoms, your isolation period ends after:
 - 10 days since symptoms first appeared, and
 - 24 hours with no fever, without fever-reducing medications, and
 - Other symptoms of COVID-19 are improving.
- If you never had symptoms, your isolation period ends after
 - 10 days have passed since the date of your positive COVID-19 test.

Caring for your newborn at home if you are diagnosed with or test positive for COVID-19.

If you are in [isolation for COVID-19](#), take the following precautions until your isolation period has ended:

- Stay home to separate yourself from others outside your home.
- [Isolate \(stay away\) from other household members](#) who are not infected, and wear a mask in shared spaces.
- Have a healthy caregiver who is not at [increased risk for severe illness](#) provide care for your newborn.
 - Caregivers should wash their hands for at least 20 seconds before touching your newborn. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
 - If the caregiver is living in the same home or has been in close contact with you, they might have been exposed. They should wear a mask when they are within 6 feet of your newborn for the entire time you are in isolation, and during their own [quarantine](#) after you complete your isolation.
- If a healthy caregiver is not available, you can care for your newborn if you are well enough.
 - Wash your hands with soap and water for at least 20 seconds before touching for your newborn. 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 newborn and other people during your entire isolation period. The mask helps prevent you from spreading the virus to others.
- Others in your household, and caregivers who have COVID-19, should [isolate](#) and avoid caring for the newborn as much as possible. If they have to care for the newborn, they should follow hand washing and mask recommendations above.

Once your [isolation period has ended](#), you should still wash your hands before caring for your newborn, but you don't need to take the other precautions. You most likely won't pass the virus to your newborn or any other close contacts after your isolation period has ended.

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