

Keeping Your Baby Safe From Coronavirus



If you have COVID-19 or symptoms, try to prevent spreading germs to your baby:

- Wash your hands before touching your baby.
- Wear a mask when you feed your baby.
- Wash your hands before touching the breast pump or bottle parts.
- Wash the pump, bottles, nipples and all bottle parts with antibacterial soap after each use. Use a disinfectant wipe to clean parts that are not washable.



Coronavirus (COVID-19) spreads easily. To help prevent the virus from spreading, people over age 2 should wear masks if they leave their home.

Babies can't wear masks or other face coverings. Covering a baby's face can make it hard for them to breathe. You may not be able to tell if your baby is having trouble breathing. And, your baby can't take a mask off or ask for help.

Here's how you can protect your baby:

- Keep your baby home.
- Wash your hands often, especially before touching your baby.
- Avoid people who are coughing and sneezing.
- Clean surfaces well and often.
- Wash clothing and toys.
- Keep yourself healthy – eat well, exercise and get plenty of sleep.
- Call your doctor if you think your baby is sick.

If you must take your baby out:

- **Don't put a mask on your baby.**
- Do put a mask on yourself and kids over 2 years old.
- Make your trip as short as possible.
- Stay 6 feet away from other people.
- Carry hand sanitizer with at least 60% alcohol, and use it often.

Your child. Our promise.

Nemours Children's Health System