

SLHS Discharge Instructions for Newborn Patients

These instructions are based on the CDC guidelines for care of your newborn after the mother has either been confirmed to have COVID-19 or is considered a Person Under Investigation (PUI) for COVID-19.

1. At Home Quarantine Guidelines

- a. The healthy caregiver should monitor their own health and notify their healthcare provider right away if they develop signs and symptoms of COVID-19:
 - i. Fever $\geq 100.4^{\circ}\text{F}$ (38°C) or chills
 - ii. Cough
 - iii. Shortness of breath or difficulty breathing
 - iv. Fatigue
 - v. Muscle or body aches
 - vi. Headache
 - vii. New loss of taste or smell
 - viii. Sore throat
 - ix. Congestion or runny nose
 - x. Nausea or vomiting
 - xi. Diarrhea
 - xii. Contact w/ confirmed or under investigation COVID-19 individual within 14 days
 - xiii. The CDC regularly updates symptoms as new evidence emerges. For the latest information, go to <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.
- b. The newborn should not share immediate space with others and be kept in separate room and receive care from a healthy caregiver.
- c. Avoid activities outside of the home such as:
 - i. Public places such as grocery stores or schools, etc.
 - ii. Public transportation
- d. Follow strict hand hygiene (wash your hands for at least 20 seconds or use hand sanitizer that is at least 60 – 95% alcohol) prior to touching the newborn for any reason, e.g.
 - i. Feeding
 - ii. Diaper changes
 - iii. Holding or cuddling
- e. Choose a room that has good airflow
- f. Clean all “high-touch” surfaces with a cleaning spray or wipe, according to label instructions.
- g. Place all used disposable items, e.g. baby wipes, surface wipe and other contaminated items in a lined container before disposing of them with other household waste. Perform hand hygiene immediately after handling these items.
- h. Immediately remove any clothing items that are soiled with the newborn’s bodily fluids such as spit-up, stool, urine and launder thoroughly with normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperature recommended on the clothing label.

Visitors at Home

The birth of your new baby is a highly anticipated event. You are likely to family and friends that are anxious to meet the newborn. Your baby's health and well-being is of the utmost importance, therefore, visitation by family and friends that do not have an essential need to be in your home is strongly discouraged.

2. When to Call the Pediatrician

- a. Notify your pediatrician if your newborn exhibits any of the following symptoms:
 - i. Fever $\geq 100.4^{\circ}\text{F}$ (38°C)
 - ii. Cough
 - iii. Labored breathing
 - iv. Unusual sleepiness
 - v. Vomiting
 - vi. Less than 3 heavy wet diapers in 24 hours
- b. For scheduled well-baby appointments, call the pediatrician's office prior to showing up for the appointment. The office staff will give you instructions regarding the appointment.

3. Breastfeeding Interim Guidance:

This interim guidance is based on what is currently known about COVID-19 and the transmission of other viral respiratory infections. Person-to-person spread is thought to occur mainly via respiratory droplets produced when an infected person coughs or sneezes (similar to how influenza, aka flu, is spread). In limited studies on women with COVID-19 and other coronavirus infections, the virus has not been detected in breast milk; however, we do not know whether mothers with COVID-19 can transmit the virus via breastmilk.

Breast milk provides protection against many illnesses and is the best source of nutrition for most infants. There are rare exceptions when breastfeeding (or feeding expressed breast milk) is not recommended (see CDC website: <https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/contraindications-to-breastfeeding.html>). Currently the CDC has no specific guidance for breastfeeding during infection with similar viruses like SARS-CoV or MERS-CoV. The CDC recommends that a mother with flu continue breastfeeding or feeding expressed breast milk to her infant while taking precautions to avoid spreading the virus to her newborn.

- a. The decision to breastfeed should be made in coordination with family and healthcare providers.
- b. A mother with confirmed or suspected COVID-19 should take all possible precautions to avoid spreading the virus to her infant
 - i. Have a healthy caregiver feed the baby expressed breast milk
 - ii. Perform hand hygiene before touching the baby or before assembling breast pump parts prior to pumping
 1. Thoroughly clean all pump or bottle parts that come into contact with breast milk
 2. Clean breast pump with per manufacturer instructions
 - iii. While feeding at the breast is not recommended for at least 14 days after testing positive for COVID-19, mothers who choose to do so should wear a face mask, if possible, and perform diligent hand and breast hygiene.