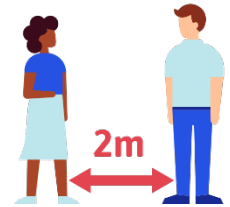


Looking After Your New Baby During COVID-19

Congratulations! This is an exciting yet uncertain time for your family. Being a new parent during the current COVID-19 outbreak can be challenging. Here is some important information on how to help keep your baby safe:

1) PRACTICE PHYSICAL DISTANCING

- This means staying home as much as possible and if you need to go out, staying at least 2 metres (6 feet) away from other people.
- This also means limiting who is in contact with your baby. This can be hard because friends and family will want to hold your new baby and meet them up close. To help keep baby safe this will have to wait until later.
- If possible, leave your baby at home with a parent or caregiver when you need to go out for supplies and groceries.
- You can take your baby out for a walk to get some fresh air and exercise for yourself as long as you stay 2 meters (6 feet) away from other people. Friends and neighbours can meet and admire your baby from a distance.



2) PRACTICE SAFE HYGIENE

- Washing your hands is very important to prevent the spread of germs. Wash your hands with soap and warm water for at least 20 seconds or use hand sanitizer.
- Wash your hands after touching your face, coughing or sneezing, eating or coming into the house from somewhere else. Also make sure you wash your hands before you breastfeed or prepare a bottle, after feeding, and before and after changing your baby's diaper.
- Try to avoid touching your face or your baby's face unless you have just washed your hands.
- Make sure to cough or sneeze into your elbow rather than your hands.



3) STAY CONNECTED

- Being alone and isolated is a big risk factor for postpartum depression. So even though you need to limit your physical contact with others, you can stay connected virtually.
- Introduce your new baby to friends and family with FaceTime, Skype, Google Duo, etc.
- Send out an email announcement with a picture or video of your new baby.



4) STAY INFORMED

- Avoid watching the news too much, but it's important to stay informed.
- Get your information from reliable sources like your local public health unit, Public Health Ontario or the government, not social media.



***If you think your baby has a fever check their temperature under the armpit. Do not use an ear thermometer as these are not accurate in newborns. If their temperature is over 38 degrees celcius or you are concerned call your midwife, family doctor or call Telehealth Ontario [1-866-797-0000](tel:1-866-797-0000)**

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