

# COVID-19 Discharge Instructions

## AND TIPS FOR CARING FOR YOUR NEWBORN AND FAMILY:

### Symptomatic/positive family members:

- **Monitor symptoms:** Call your primary care provider if symptoms are getting worse.
- **Separate family members as much as possible:** Household members should stay in a different room, use a different bathroom and different bedroom if available. This includes separation of newborn from symptomatic/positive mother and/or family members.
- **No visitors.**
- **Avoid contact with pets:** Allow healthy family members to do this for you.
- **Hand hygiene:** All family members including yourself should wash hands often with soap and water for at least 20 seconds and/or use an alcohol based hand sanitizer (that contains 60-95% alcohol). Soap and water is preferred if hands are dirty.
- **Avoid touching** your face, eyes, nose, mouth with unwashed hands.
- **Wear a facemask:** Around others or when feeding and caring for your infant.
  - It is recommended that healthy family members care for your infant as much as possible until you are well.
  - The American Academy of Pediatrics strongly supports mothers who choose to breastfeed and nurse their newborns even if COVID-19 positive. If you choose to nurse your baby while ill, perform hand hygiene and wear a mask anytime you are caring for baby. If you choose not to nurse your baby while ill, perform hand hygiene and express breastmilk by use of a breastpump. Then provide breastmilk to your newborn via bottle.
  - The CDC recommends facemasks for all caregivers caring for baby.
- **Avoid sharing personal household items:** Don't share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other family members or pets in the home. After using these items they should be washed thoroughly with soap and water.
- **Extra cleaning for all high touch surfaces:** Counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables are examples. Use household cleaning spray or wipes and follow the instructions on the label.

### Tips for self-care during COVID-19:

- **Pay attention to your own needs:** A baby's demands may feel relentless. Rest as much as you can especially while trying to recover from illness. Allow healthy family members to care for baby.
- **Connect with others:** Having no visitor restrictions and practicing social distancing can feel isolating for new parents/families. Try video chats with loved ones and friends.
- **Seek help:** Postpartum depression is the most common complication of childbirth. You are not alone! Help is near. Speak with your doctor about your concerns or feelings. Many providers now have telehealth visits and can help over the phone.

### Per the CDC, discontinuation of home isolation:

**Persons with COVID-19 who have symptoms** and were directed to care for themselves at home may discontinue home isolation under the following conditions:

- **At least at least 24 hours have passed being fever-free** without the use of fever-reducing medications (Tylenol or ibuprofen);
- **And** improvement in respiratory symptoms (e.g., cough, shortness of breath);
- **And** at least 10 days have passed **since symptoms first appeared** or **since first positive COVID-19 test**.

**Persons with COVID-19 who are asymptomatic** can discontinue home isolation 10 days after the positive test.

#### Resources:

[www.CDC.gov](http://www.CDC.gov)

[www.healthychildren.org](http://www.healthychildren.org)

