



## POSTPARTUM & NEWBORN CARE OF A COUPLET WHEN MOTHER IS A COVID PUI OR COVID POSITIVE

Baby is also a COVID PUI until proven otherwise.

Visitors with a COVID positive or PUI mother (who was present for labor and delivery) are considered close contacts of mother and, therefore, have had direct exposure to a COVID PUI/COVID positive person.

### **Management of a normal newborn (who would otherwise room-in with mother):**

- Recommend mother, baby and visitors all cohort in room for course of hospitalization
  - Not allowed to leave room until discharge
  - Baby care team to provide all cares in room
- Mother and baby both in full barrier precautions
- Mother to wear standard procedural mask at all times
- Healthy visitor(s) to wear masks at all times
- Recommend that baby be kept  $\geq 6$  feet away from the mother when possible<sup>1</sup>
- The American Academy of Pediatrics strongly supports mothers who choose to breastfeed and nurse their newborns even if COVID-19 positive. If mother chooses to nurse her baby while ill, she should perform hand hygiene and wear a mask while caring for baby. If she chooses not to breastfeed, milk should be expressed via breast pump and fed via dropper, finger feeder, cup, spoon or bottle.<sup>2 3</sup>

### **Management of a baby requiring NICU admission or NICU status:**

- Symptomatic mothers cannot visit baby in NICU or on NICU status until she has met *CDC criteria for discontinuation of isolation precautions*, including:
  - At least 10 days have passed since symptoms first appeared **AND**
  - Patient meets clinical criteria in [Duration of Precautions for COVID + Patients](#)
- Asymptomatic mothers/parent with COVID + test status may visit their baby with the following conditions:
  - Baby is roomed in a private room
    - Full Barrier PPE is utilized by team members until the parent meets criteria for discontinuation of precautions (above)
  - COVID + parent is asymptomatic
  - COVID + parent remains masked for duration of visit in the facility
  - COVID + parent is advised to remain in baby's room and does not utilize shared spaces (i.e. café/ family lounge)

Healthy visitors who were present for labor and delivery are considered close contacts of mother and therefore considered to have had direct exposure to someone with COVID-19. Visitors who remain healthy cannot visit baby in the NICU until 10 days have passed since last contact with mother/parent while they were infectious.



**References:**

1. Coronavirus Disease (COVID-19) and Breastfeeding (December 3, 2020). <https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/covid-19-and-breastfeeding.html>.
2. Rooming-in, with precautions, now OK in revised AAP newborn guidance. American Academy of Pediatrics (July 22,2020). <https://www.aapublications.org/news/2020/07/22/newbornguidance072220>.
3. Baby Friendly USA.
4. CDC Criteria for Discontinuation of Isolation Precautions (August 10, 2020). <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>.
5. [https://northmemorial.com/wp-content/uploads/2022/08/Duration\\_of\\_Precautions\\_for\\_COVID\\_Patients\\_08\\_11\\_22-v8.pdf](https://northmemorial.com/wp-content/uploads/2022/08/Duration_of_Precautions_for_COVID_Patients_08_11_22-v8.pdf)

**COVID-19 WORKGROUP FOR THE NEWBORN CLINICAL PRACTICE COUNCIL**

*This team represents expertise in Neonatology and Pediatrics. If you would like further information, please contact the work group lead, Jeanne Mrozek, MD - [Jeanne.Mrozek@MapleGroveHospital.org](mailto:Jeanne.Mrozek@MapleGroveHospital.org).*

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**Revision History**

This document is active and further recommendations are forthcoming. It will be updated as additions develop.

Revision	Description of Changes	Approvals	Date
1.0	Removed content from “Universal OB Testing Guidelines” document and created this new distinct document.	Newborn/NICU Clinical Practice Council	12-15-2020
1.1	Added addition non-breastfeeding options to align with Baby Friendly guidance.	Newborn/NICU Clinical Practice Council	01-12-2021
2.0	Changed mother/parent COVID-19 positive visitor guidance (now allowed in NICU with additional precautions)	Newborn COVID-19 Workgroup	09-09-2022