

# HOW TO CARE FOR YOUR BABY IF YOU HAVE COVID-19

Take into account the following recommendations:

- Stay at home.
- Isolate from other household members.
- Ask a family member or someone you trust who is not sick to care for your baby.
- **DO NOT** put a mask on your baby.

## If you have help

- Wash your hands with soap and water for 20 seconds or use alcohol-based hand sanitizer frequently.
- Wear a mask in shared spaces.
- Keep your baby at least 2 meters from you as much as possible.
- Pump breastmilk so that the person you trust feeds the baby from a bottle.
- Sterilize bottle and breast pump parts after each use.



## If you don't have help

- Wash your hands with soap and water for 20 seconds or use alcohol-based hand sanitizer before and after touching the baby.
- Wear a mask when caring for the baby.
- Sterilize bottle after each use.
- Clean and disinfect surfaces regularly.



## When is it safe to end your isolation period?

- You can leave your home after 5 full days if you are fever-free without the use of fever-reducing medication and your symptoms are improving.
- You must wear a snug high-quality mask (N95 or KN95) covering nose and mouth for 10 days when in contact with other people.

**If you are sick with COVID-19, you must recover before you can get the vaccine.**  
You may continue to breastfeed after receiving the first or second COVID-19 vaccine.

Are you a farmworker in the United States and want to know where to get the vaccine?

Talk to your service provider or call the Call for Health helpline.

This program can also connect you to a health provider for all the family:

**1 (800) 377-9968** or send us a text via Whatsapp: **+1 (737) 414-5121** 

The National Center for Farmworker Health  
[www.ncfh.org](http://www.ncfh.org)

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