



## Newborn Discharge Instructions

### Household PUI/COVID-19 Positive

#### General Information:

- Isolation should be maintained at home if the parent/family member is positive for COVID-19 or test results still pending.
- At discharge, parents/legal guardians should take steps to reduce the risk of transmission to the infant, including following:
  - Monitor your health and the health of family members. If you get sick, call your healthcare provider and let them know if you have a pending laboratory or confirmed COVID-19 test.
  - Infant and siblings should stay in another room or be separated from COVID-19 positive parent or family member.
  - COVID-19 positive parent or family member should use a separate bedroom and bathroom, if available.
    - If shared space, infant should be separated at least 6 feet away from COVID-19 positive parent or family member as much as possible.
  - As you can, allow for shared spaces in the home to have good air flow, such as by an air conditioner or an opened window, weather permitting.
  - Do not allow visitors who do not have an essential need to be in the home.
  - Family to avoid sharing household items including; dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items.
  - Clean all "high-touch" surfaces, such as baby changing table, baby bouncy seat, crib, counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day.
    - Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
    - Wash laundry thoroughly using the warmest temperatures recommended on the clothing label.
  - Household members who are not PUI or COVID-19 positive should care for any pets in the home. Do not handle pets or other animals while you are sick.

#### Infant Care:

- When scheduling your appointment with the infant's pediatrician, when you call, inform the office if you or a family member is COVID19 positive or if you have been tested.
  - If possible, arrange for non-symptomatic caregiver take the infant to his/her appointment.
- Parent/legal guardian to perform hand hygiene before and after any infant care. Also, practice frequently washing your hands and instructing siblings in the home to follow this process.
  - Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty.
  - Avoid touching your eyes, nose, and mouth with unwashed hands.
- All infant care to be provided by non PUI or COVID-19 positive parent/legal guardian if possible.
  - COVID-19 positive parent or family member should wear a facemask (if able) when you are around other people in your home including if the COVID-19 positive parent is holding your baby.
  - If a facemask is not available, the COVID -19 positive parent should maintain 6 feet distance in shared spaces.
- If the mother is breastfeeding and is COVID-19 positive:
  - It is recommended to pump and feed infant from a bottle as long as isolation precautions are still followed.



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- Prior to expressing milk, the entire pump and all of its parts should be cleaned according to the manufacturer instructions. They should also be cleaned again after mother is finished pumping.
- A healthy caregiver should give the expressed breast milk to the infant if possible. There are no studies at this point that have shown that the virus is transmitted through breast milk but transmission after birth from contact with respiratory secretions is a concern.
- If the mother does choose to breastfeed directly, she should put on a facemask and practice breast and hand hygiene before and after breastfeeding.
  - All used facemasks and other contaminated items should be placed in a lined container before disposing of them with another household waste.
  - Hand should be cleaned with soap and water or an alcohol-based hand sanitizer immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty.
  - Breasts should be washed with water only. Soaps, lotions, and petroleum jelly interfere with natural lubrication.

### **Discontinuing Isolation Procedures:**

- Discontinuing isolation measures and timing is to be discussed with the infant's pediatrician and the parent/legal guardian PCP provider.
- General guidelines for discontinuing isolation procedures include:
  - A test-based strategy is no longer recommended to determine when to discontinue home isolation, except in certain circumstances.
  - Symptom-based criteria are as follows:
    - At least 24 hours have passed since recovery defined as resolution of fever without the use of fever-reducing medications **and** improvement in symptoms (e.g., cough, shortness of breath); **and,**
    - At least 10 days have passed since symptoms first appeared.
  - For patients with severe illness, duration of isolation for up to 20 days after symptom onset may be warranted. Consider consultation with infection control experts.
  - For persons who never develop symptoms, isolation and other precautions can be discontinued 10 days after the date of their first positive RT-PCR test for SARS-CoV-2 RNA.

### **Evidence:**

CDC:

- <https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/covid-19-and-breastfeeding.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/hcp/pediatric-hcp.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>

WHO:

- <https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-pregnancy-childbirth-and-breastfeeding>

American Academy of Pediatrics:

- <https://www.aappublications.org/news/2020/03/12/coronavirus031220>

Academy of Breastfeeding Medicine:

- <https://www.bfmed.org/abm-statement-coronavirus>