

BABY/POSTPARTUM FAQs

How will COVID-19 impact my baby? (Answers from experts)

COVID-19 is a new disease and we are still learning how it spreads. Stay informed with the latest health information per the CDC: <https://www.cdc.gov/>. COVID-19 and pregnancy specific information may be found here: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>.

Please refer to our hospital website as guidance frequency changes.

Q: How many visitors are allowed in the NICU?

A: Given the uncertainty around COVID-19 and the rapidly changing environment, visitor policies are constantly changing. Please refer to the [Medical City Healthcare website](#) for visitor updates.

Q: Can COVID-19 be transmitted through breast milk?

A: In limited studies, COVID-19 has not been found in breast milk; however we do not know for sure whether mothers with COVID-19 can spread the virus via breast milk. Refer to and follow CDC guidance.

Q: Once I return home, how can I protect my baby from COVID-19?

A: At this time, there's no vaccine for COVID-19, but there are ways to protect yourself and your baby from exposure to the virus. Once home, we encourage you to limit the number of visitors coming into the home and leverage technology to connect with loved ones (ex: FaceTime, Skype or Zoom).

To avoid infection:

- Avoid people who are sick or who have been exposed to the virus
- Stay home as much as possible
- Cover your mouth and nose with a cloth face cover when around others
- Cover your coughs and sneezes (using your elbow is a good technique)
- Try not to touch your eyes, nose or mouth
- Wash your hands regularly with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer with at least 60 percent alcohol
- Clean and disinfect objects you touch regularly and surfaces using a regular household cleaning spray or wipe. Use hot, soapy water or a dishwasher to wash dishes and utensils.
- Talk to your health care provider
- about your health and risk of COVID-19

You can find additional information on preventing COVID-19 disease at CDC's Prevention for 2019 Novel Coronavirus: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>