



AAP (American Academy of Pediatrics) Recommendations:

FOR THOSE TESTING POSITIVE

- You should either isolate yourself from the baby in different rooms OR separate yourself by at least 6 feet.
- Breast milk, but not breastfeeding, is recommended.
- You should have a healthy adult care for your baby while you are isolated, including when feeding with breast milk or formula.
- Wash your hands and wear a mask when pumping or when you are in close contact with your baby. Remember to wash your breasts.



You May Stop Isolation or 6 Feet Separation When:

3 DAYS

AND

10 DAYS

At least 3 days (72 hours) have passed without fever (*without fever-reducing medications*) and improvement in cough, shortness of breath, etc.

At least 10 days have passed since symptoms first appeared

PROTECT YOU AND YOUR BABY:

- Frequent hand washing: soap and water for 20 seconds or hand sanitizers with more than 60% alcohol.
- Cough and sneeze in your elbow or cover nose and mouth with a tissue and throw it away.
- Frequently clean surfaces you touch.
- You and your partner should be your baby's only physical contact.
- Other household members should limit their close interactions.
- If anyone in your house has symptoms he/she should stay home and conduct a virtual visit with Health Anywhere. (LGHealthAnywhere.com)
- Do not take your baby out in public. Continue social distancing of at least 6 feet.
- Continue to follow your pediatrician's and AAP's recommendations.

NO SYMPTOMS BUT EXPOSED:

Moms with no symptoms but exposed to positive or suspected person with symptoms.

(Exposed: 3 hours or more in the same room)

- Moms should wear mask for 14 days from the last exposure.
- Skin to skin and breastfeeding are acceptable. You do not have to isolate from your baby.
- If you live with the COVID positive or suspected person with symptoms, they must remain isolated in a separate room with a separate bathroom until no symptoms for 72 hours or 10 days from onset.