

COVID DISCHARGE TEACHING

COVID Positive Mother and COVID Negative Infant

- Who should the infant be discharged home with?
 - Discharge the infant ideally to the care of mother (if symptoms are mild) AND a designated healthy caregiver. More than one healthy caregiver should be identified by mother at admission and should ideally be < 60yo without serious medical problems.
- What precautions should a COVID positive mother take with her infant?
 - Mother should maintain a 6ft distance from infant as much as possible
 - Mother to use a mask and frequent hand hygiene when directly caring for the infant – hand washing is best, hand sanitizer can be used as well.
 - Expressed breastmilk can be given by a healthy caregiver
 - If mother prefers to breastfeed directly, she should wear a mask and wash hands and breasts with soap and water just prior to breastfeeding
 - Mother should maintain home isolation from other caregivers in the home until cleared by DPH (or meets criteria below)
- What precautions should healthy caregivers take?
 - If other caregivers are PUIs (persons under investigation for COVID) they should also use masks and frequent hand hygiene when caring for the newborn until their status is resolved
- When can a mother discontinue these precautions?
 - A COVID positive mother can discontinue precautions when she is:

Fever free off anti-pyretics for >72 hours with improved respiratory sx
AND
At least 7 days out since onset of symptoms
- What about primary care follow up for the infant?
 - First appointment with PCP should be scheduled as for any other newborn under our current guidelines
 - Mother should NOT bring newborn to appointment if she has not met above criteria for coming off of precautions
 - ONE health caregiver should bring infant to appointment and plan to call mother on the phone

COVID Positive Infant:

- Does not need to be separated from a COVID positive mother
- Newborn medicine team will communicate with infant PCP prior to discharge
- When can I discharge a COVID positive infant?
 - COVID positive, asymptomatic infants can be discharged per usual guidelines with close follow-up through 14 days after birth

- This may include phone, telemedicine or in-office visits per PCP preference
- Who should bring the newborn to in-person PCP appointments?
 - COVID Positive mother should NOT bring infant to in-person spread to limit exposure, infant should be brought in by ONE healthy caregiver with plan to call mother during appointment
- What additional anticipatory guidance should I give the parents/caregivers?
 - If infant is overall well but develops any fever, URI or respiratory symptoms parents should call PCP or closest ED immediately for guidance on in-person evaluation
 - If infant appears ill parents should call 911
- What precautions should healthy caregivers take when caring for the infant?
 - Full PPE is ideal (gown, gloves, face mask and eye protection) but access is unrealistic. Caregivers should always use a face mask or face cover and gloves. Consider using goggles for eye protection and change clothes frequently.
 - Frequent hand washing and hand sanitizer
 - Consider using gloves when caring for the infant
 - Clean all infant-related surfaces frequently
 - Wash all clothes, blankets, towels, linens frequently in hot water
 - COVID positive mother should remain in isolation until cleared by DPH

Infants with test pending or who were unable to be tested

- How will these infants be managed once discharged?
 - Treat as if COVID positive until tests resulted
 - If infant was unable to be tested treat as if COVID positive with associated precautions through 14 days after birth