

# Babies Can Get COVID-19

In August 2020, **roughly 25 per 100,000 children under 2** in the US were hospitalized for COVID-19 – compared to 164.5 per 100,000 adults.

While most babies have shown mild or no symptoms with COVID-19, severe illness can occur – especially in those with underlying **medical conditions or born prematurely** (earlier than 37 weeks).

## 5 Ways to Protect Your Newborn During the COVID-19 Pandemic

### 1 Don't put a mask on your baby — but wear your own if you're around others.

Children under 2 years old should not wear face coverings. Babies are squirmy, and this movement could cause a mask or face shield to block their nose and mouth, increasing the risk of sudden infant death syndrome (SIDS) or suffocation. But, don't forget to wear yours when you leave the house to protect yourself and your baby.

### 2 Limit visitors for the time being.

New babies usually mean celebrations — but try to hold off on those for now. Bringing visitors into your home can increase the risk of COVID-19 to you, your baby, and your family. Opt for a virtual celebration, and gather when it's safe to do so.

### 3 Social distance your baby.

Other than healthcare visits and child care, limit taking your baby to places outside of your home as much as possible. If you must, keep your baby at least 6 feet away from those outside your household. Also, ask your child care facility what steps they're taking to protect you, your family, and their staff.

### 4 Stay up-to-date with your baby's routine checkups.

Routine healthcare is always important — but it's even more critical during a pandemic. Don't skip baby's healthcare appointments. When possible, do newborn visits in person, so your child's pediatrician can do important screening tests to check development.

### 5 Know the signs of COVID-19 in babies.

Monitor your baby for signs of COVID-19, including:

- Fever (100.4°F or higher)
- Runny nose
- Cough
- Vomiting
- Diarrhea
- Poor feeding
- Being overly tired
- Trouble breathing