

Healthy Start can help you have a healthy pregnancy, baby and family!



We offer FREE services for pregnant women and families with children up to age 3.

HOME VISITING

PRENATAL EDUCATION AND SUPPORT

FREE SCREENING AND SERVICES

PARENTING EDUCATION AND SUPPORT

CARE COORDINATION

HEALTH AND WELL-BEING



# Caring for Newborns

## WHEN MOM HAS COVID-19

INSIDE: WHAT YOU NEED TO KNOW ABOUT BREASTFEEDING AND COVID-19



### Take the following precautions at home if you are in isolation for COVID-19:

- Separate yourself from others outside your home.
- Consider isolating from other household members within your home who are not infected.
- Have a healthy caregiver who is not at increased risk for severe illness provide care for your newborn.
  - Caregivers should practice hand hygiene before touching your newborn.
  - If the caregiver is living in the same home or has been in close contact with you, they should wear a mask when they are within 6 feet of your newborn for the entire time you are in isolation and for two weeks after you completed isolation.
- If a healthy caregiver is not available, you can care for your newborn if you are well enough.
  - Practice hand hygiene before touching your newborn.
  - Wear a mask when within 6 feet of your newborn and other people during your entire isolation period.

### Much is still unknown about the risks of COVID-19 to newborns born to mothers with COVID-19. We do know that:

- Infections causing COVID-19 in newborns born to mothers with COVID-19 are uncommon.
- Some newborns have tested positive for the virus that causes COVID-19 shortly after birth. It is unknown if these newborns got the virus before, during or after birth from close contact with an infected person.
- Most newborns who tested positive for the virus that causes COVID-19 had mild or no symptoms and recovered. However, there are a few reports of newborns with severe COVID-19 illness.
- Preterm (less than 37 completed weeks gestation) birth and other problems with pregnancy and birth have been reported among women who tested positive for COVID-19 during pregnancy. It is unknown whether these problems were related to the virus that causes COVID-19.



#### PRACTICE HAND HYGIENE:

Wash your hands for at least 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.

Others in your household and caregivers who have COVID-19 should isolate and avoid caring for the newborn as much as possible. If they have to care for the newborn, they should practice hand hygiene and wear a mask.

Source: CDC.gov

## COVID-19 AND BREASTFEEDING

You, along with your family and healthcare providers, should decide whether and how to start or continue breastfeeding. Breast milk provides protection against many illnesses and is the best source of nutrition for most babies. ***We don't know for sure if mothers with COVID-19 can spread the virus to babies in breast milk, but the current evidence suggests that this isn't likely.***

### Helpful tips for breastfeeding

#### If you have COVID-19 and choose to breastfeed

- Wash your hands beforehand.
- Wear a mask while breastfeeding.

#### If you have COVID-19 and choose to express breast milk

- Use a dedicated breast pump (not shared).
- Wear a mask during expression and wash your hands before touching any pump or bottle parts and before expressing breast milk.
- Follow recommendations for proper pump cleaning after each use, cleaning all parts that come into contact with breast milk.
- Consider having a healthy caregiver who does not have COVID-19, is not at increased risk for severe illness from COVID-19, and is living in the same home feed

the baby. Any caregiver feeding the baby should wear a mask when caring for the baby for the entire time you are in isolation and for two weeks after you completed isolation.

- Pump or feed every 2-3 hours (at least 8-10 times in 24 hours, including at night), especially in the first few days. This signals the breasts to produce milk and prevents blocked milk ducts and breast infections.
- If you are unable to establish milk production after birth or have to temporarily stop breastfeeding during your COVID-19 illness because you do not feel well enough, get help from a lactation support provider. Learn more about how to restart breastfeeding.
- Always wash your hands with soap and water for 20 seconds before breastfeeding or expressing breast milk even if you don't have COVID-19. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.

Source: CDC.gov



## Pregnancy & Substance Abuse

**When you are pregnant, you are not just "eating for two." You also breathe and drink for two. If you smoke, use alcohol or take illegal drugs, so does your unborn baby.**

## TO PROTECT YOUR BABY, YOU SHOULD AVOID

**TOBACCO** Smoking during pregnancy passes nicotine, carbon monoxide and other harmful chemicals to your baby. This could cause many problems for your unborn baby's development. It raises the risk of your baby being born too small, too early or with birth defects. Smoking can also affect babies after they are born. Your baby would be more likely to develop diseases such as asthma and obesity. There is also a higher risk of dying from sudden infant death syndrome (SIDS).

**DRINKING ALCOHOL** There is no known amount of alcohol that is safe for a woman to drink during pregnancy. If you drink alcohol when you are pregnant, your child could be born with lifelong fetal alcohol syndrome disorders (FASD). Children with FASD can have a mix of physical, behavioral and learning problems.

**ILLEGAL DRUGS** Using illegal drugs such as cocaine and methamphetamines may cause underweight babies, birth defects or withdrawal symptoms after birth.

**MISUSING PRESCRIPTION DRUGS.** If you are taking prescription medicines, carefully follow your healthcare provider's instructions. It can be dangerous to take more medicines than you are supposed to, use them to get high or take someone else's medicines. For example, misusing opioids can cause birth defects, withdrawal in the baby or even loss of the baby.

**If you are pregnant and you are doing any of these things, get help.** Your healthcare provider can recommend programs to help you quit. You and your baby's health depend on it.

Source: Womenshealth.gov



# Home Safety Checklist

## Keeping kids safe, room by room

### Bathroom

#### WATER SAFETY

- Give young children all of your attention when they are in and around water.
- Check the water temperature with your wrist or elbow before giving your baby a bath.

#### MEDICATION SAFETY

- Keep all medicine and vitamins out of children's reach and sight, even medicine you take every day.
- Write clear instructions for other caregivers about what medicine to give children, when to give it and how much to give.

### Bedroom

#### SLEEP SAFETY

- Room sharing is an option if you want your baby to sleep near you. Make sure babies sleep on their backs and in their own crib.
- Choose a firm mattress and a fitted crib sheet for your baby's crib. Keep cribs clear of toys and soft bedding.

### Stairs and Windows

#### PREVENTING FALLS

- Use approved safety gates at the top and bottom of stairs, and attach them to the wall, if possible.
- Properly install window guards or stops to help prevent falls from windows.

### Kitchen

#### FIRE AND CARBON MONOXIDE SAFETY

- Make sure there is a working smoke alarm and carbon monoxide alarm on every level of your home. Test the batteries every month.
- Create and practice a home fire escape plan with your family. Know two ways out of every room in case of a fire.

#### PREVENTING BURNS

- Cook on the back burners of the stove and keep pot handles turned away from the edge. Keep hot foods and liquids away from the edge of counters and tables.
- Don't hold a child while cooking on the stove. It's better to put your child in a high chair where you can still see them.

#### POISON PREVENTION

- Store all household cleaning products and chemicals in their original containers, out of children's reach and sight.
- Save the toll-free Poison Help number into your phone in case of emergency: **1-800-222-1222**.

### Living Room

#### PREVENTING TV AND FURNITURE TIP-OVERS

- Mount flat-panel TVs to the wall and place large, box-style TVs on a low, stable piece of furniture.
- Use brackets, braces or wall straps to secure unstable or top-heavy furniture to the wall.

#### TOY SAFETY

- When choosing a toy or game, read the instructions and warning labels. Make sure the toy is appropriate for your child's age and development.
- Sign up for product recalls at [www.safekids.org/product-recalls](http://www.safekids.org/product-recalls).

#### PREVENTING CHOKING AND STRANGULATION

- Keep small objects out of children's reach and sight. Remove small items that are at your child's eye level.
- Keep cords and strings out of children's reach, including those attached to window blinds.



The good news is that there are simple and easy steps that families can take to protect their children at home. Ask your Healthy Start Home Visitor for more safety tips, including sleep and car seat safety.

## Is your baby sleeping safely?

Give your baby a healthy start by following these safe sleep guidelines.

Remember  
the ABCs of  
safe sleep.

**A** *Alone*

**B** *on Back*

**C** *in Crib*



Always place baby on their back to sleep, for naps and at night, to reduce the risk of SIDS.

Use a firm and flat sleep surface covered by a fitted sheet with no other bedding in the crib.

Share your room with baby. Keep baby in a crib close to your bed for the first 6 months. Do not fall asleep holding baby.

Do not put soft objects, toys, crib bumpers or loose bedding anywhere in baby's sleep area.



## Florida Healthy Start

Central & North Central Florida Coalitions

**Connect**  
877-678-9355

The Connect number is a one-stop entry point to services for pregnant women, caregivers and families with young children.

Participating programs: Healthy Start, MIECHV/Parents as Teachers, Nurse-Family Partnership, Healthy Families and NewboRN Home Visiting.

**Healthy Start of North Central Florida**  
[www.HealthyStartNCF.org](http://www.HealthyStartNCF.org)

Counties: Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Marion, Putnam, Suwannee, Union

**Central Healthy Start Florida**  
[www.CentralHealthyStart.org](http://www.CentralHealthyStart.org)

Counties: Citrus, Hernando, Lake, Sumter



Administrative Office: 1785 NW 80th Blvd., Gainesville, FL 32606  
An Affiliate Partner of WellFlorida Council [www.WellFlorida.org](http://www.WellFlorida.org)



## Toy Safety

Toys and games are tons of fun for kids and adults. Whether your kids are working on a puzzle, playing with building blocks or even inventing their own games, here are a few things to think about to help them stay safer and have a blast.



- Consider your child's age and development when purchasing a toy or game. Read the instructions and warning labels to make sure it's just right for your child.
- Before you've settled on the perfect toy, check to make sure there aren't any small parts or other potential choking hazards.
- Don't forget a helmet for riding toys. If your children have their hearts set on a new bike, skateboard, scooter or other riding equipment, be sure to include a Consumer Product Safety Commission certified helmet to keep them safe while they're having fun.
- After play time is over, use a bin or container to store toys for next time. Make sure there are no holes or hinges that could catch little fingers.

Go to [www.recalls.gov](http://www.recalls.gov) for information about product recalls related to kids.

Source: [SafeKids.org](http://SafeKids.org)