Keep Your Baby Healthy & Safe
Take the Steps During the COVID-19 Pandemic

✓ Get Vaccinated

- COVID-19 vaccines **reduce the risk of getting COVID-19** and can also reduce the risk of spreading it.
- Be sure to get **everyone in your family** who is 5 or older vaccinated against COVID-19.
- Everyone who is **12 and older** should also get a Pfizer booster shot.

✓ Do not put a mask or face shield on your baby:

- Children **younger than two** should not wear masks or face shields.
- Babies move frequently. Their movement may cause the plastic face shield or mask to block their nose and mouth, or cause strangulation.
- Putting a face shield or mask on your baby could **increase the risk of Sudden Infant Death** syndrome (SIDS) or could strangle or suffocate your baby.

✓ Limit visitors

The birth of a new baby typically brings families together to celebrate. **Before allowing visitors into your home:**

- Consider the risk of COVID-19 infection. Ask that all family members and friends **be fully vaccinated before** visiting.
- Consider the risks of COVID-19 to you and your baby **before you decide whether to go out for activities** other than healthcare visits or child care.
- **Ask your child care program about the plans they have in place** to protect your baby, family and their staff.

✓ Keep 6 feet between your baby and others.

- Bringing people into your home **can increase the risk** of spreading COVID-19.
- Some **people without symptoms can spread** the virus.
- **C**onsider other options, like celebrating virtually, for people who want to see your new baby.

READY FOR BABY
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