

Concerning: newborns with a mother suspected for COVID-19 or with laboratory-confirmed COVID-19.

Dear parents,

Congratulations with your newborn! You are going home with your child. There is a suspicion that one or both of you are COVID-positive. We think it is important to provide you with extra information for when you are at home.

Always follow the instructions of the Dutch government:
<https://www.rivm.nl/coronavirus/covid-19>

Currently, there is no evidence of direct transmission of COVID-19 from mother to child during pregnancy or labour. However, mother or father can infect the neonate during the first weeks of life. Studies show that these infections are mostly mild with

Points of awareness in case of (suspected) COVID-19 positive parent(s)

- There is no longer a period of quarantine needed for a newborn with a COVID-positive parent/caretaker.
- Breastfeeding and pumping is possible (and advised) for a COVID-positive mother. Studies have shown that virus particles are not transmitted into mother milk. Good hygiene rules are important, since the virus can be transmitted via aerosols. Therefore a surgical mask is advised during breastfeeding, pumping and skin-to-skin contact. The end of the contamination period for the parent is at least 5 days after the start of the complaints AND a fever free period >24h (temperature <38 degrees Celsius) AND a symptom-free period >24u.
- When your child develops symptoms of an (airway) infection, please contact our department (phone number 088 3203273). Symptoms are amongst others: upper airway complaints with sneezing and coughing, fast or difficult breathing with/without alar flutter (moment of the nostril), behaviour changes e.g. crying inconsolably or apathy, pale skin; and/or thermo-instability (fever >37.5 °C or hypothermia <36.5 °C)
- Follow-up will be at the GP and consultation bureau.

Despite all concerns regarding COVID-19, we wish you a happy maternity period.

Kind regards,
Team Geboortezorg