Keeping Your Baby Safe from respiratory infections

How to protect your little one from germs and viruses

This year is an especially dangerous cold and flu season - especially for vulnerable infants and children. Fortunately, there are proven protective measures that we can take to stay healthy.

Here's what you can do...

**Wash Your Hands**
- This is the single, most important thing you can do to stop the spread of viruses.
- Use soap.
- Wash for more than 20 seconds.
- Use alcohol-based sanitizers.

**Limit Contact with Others**
- Stay home when you can.
- Stay 6 feet apart when out.
- Wear a face mask when out.
- Change your clothes when you get home.
- Tell others what you're doing to stay safe.

**Provide Protective Immunity**
- Hold baby skin-to-skin.
- Give them your breast milk.
- Stay current with your family's immunizations.

**Take Care of Yourself**
- Stay connected with your family and friends.
- Sleep when you can.
- Drink more water and eat healthy foods.
- Seek mental health support.

**Immunizations** Vaccinations save lives. Protecting your baby from flu and pertussis lowers their risks for complications from coronavirus.

**Never Put a Mask on Your Baby**
- Because babies have smaller airways, a mask makes it hard for them to breathe.
- Masks pose a risk of strangulation and suffocation.
- A baby can't remove their mask if they're suffocating.

**If you are positive for COVID-19**
- Wash with soap and water and put on fresh clothes before holding or feeding your baby.
- Wear a mask to help stop the virus from spreading.
- Watch out for symptoms like fever, confusion, or trouble breathing.
- Ask for help caring for your baby and yourself while you recover.

We can help protect each other.
Learn more
www.nationalperinatal.org/rsv

National Perinatal Association

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