SUPPORTING KANGAROO CARE

SKIN-TO-SKIN CARE DURING COVID-19

GET INFORMED ABOUT THE RISKS + BENEFITS
work with your medical team to create a plan.

GET CLEAN
WASH YOUR HANDS, ARMS, and CHEST
with soap and water for 20+ seconds. Dry well.

PUT ON FRESH CLOTHES
change into a clean gown or shirt.

IF COVID-19 + WEAR A MASK
and ask others to hold your baby when you can't be there.

GET CLEAN IF COVID-19 + RISKS + BENEFITS

National Perinatal Association
nicuparentnetwork.org
nationalperinatal.org/skin-to-skin

NICU Parent Network