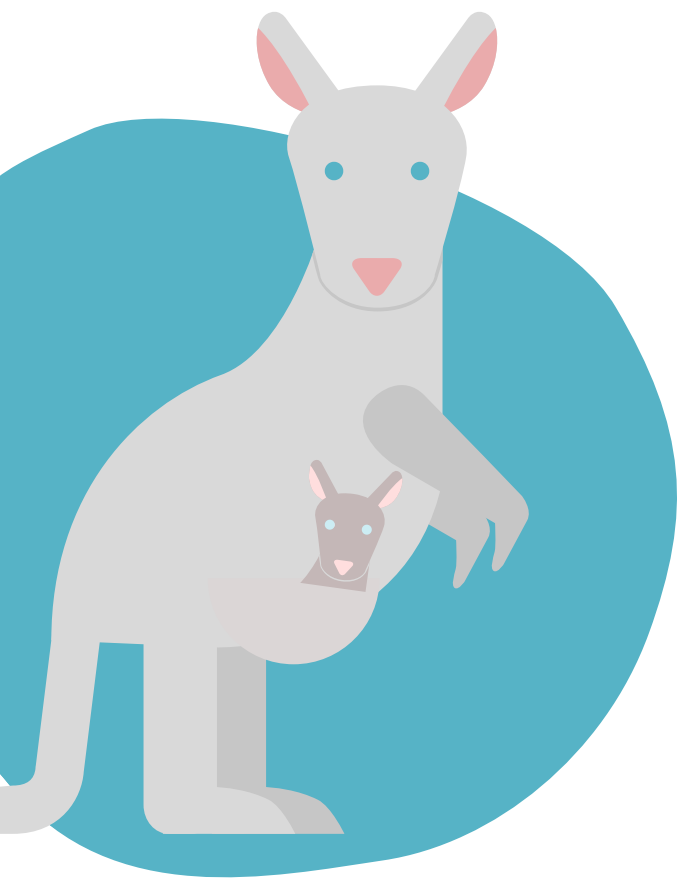


SUPPORTING KANGAROO CARE

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

