

COVID-19 Patient Education Resources

On **Admission** all patients get the Covid-19 Patient Information with their Admission Packet.

- [COVID-19 Patient Information \(English\)](#)
- [COVID-19 Patient Information \(Spanish\)](#)

Upon **Discharge** patients are provided with Discharge Packet by Case Management including but not limited to the following instructions:

- [COVID-19 Returning Home \(English\)](#)
- [COVID-19 Care Guide: What to Know when you are Healing at Home](#)
- CDC Guidelines
- Westchester DOH COVID Information

For Maternal and Child Health

- [Covid-19 Newborn Care Instructions for Mother with Confirmed or Suspected COVID \(English\)](#)
- [Covid-19 Newborn Care Instructions for Mother with Confirmed or Suspected COVID \(Spanish\)](#)

How to Access:

- Go to **Northwell Intranet**→ Click on **Public Health Emergency: COVID-19** → **Patient Information Flyers** (left side of the webpage)

Or

Go to **Departments** → **Emergency Management** → **Novel Corona Virus Information**

Translated versions of the above Patient Education Materials may be available at

<https://secure.vitaldocs.cexpforms.com/>

- Also available in Nursing Website: **From Phelps Intranet**→Nursing Website→Covid-19 Response→Scroll Down to Patient Education Materials

Additional patient educational materials are available from the following sources. Information/instructions can be access by clicking the links below.

- [Wellness Network \(PadInMotion Tablets\).](#)
- [Micromedex from Phelps Intranet](#)
- [Lexicomp from Phelps Intranet](#)

Do **NOT** use the COVID Instructions from Patient Instructions in Meditech. These COVID instructions are to be used by NYP/Lawrence Hospital only.

	Name
i	COVID-ADULT RESP ILLNESS-NOT TESTED/STABLE(NYP)
i	COVID-ADULT SUSPECTED/CONFIRMED(NYP)
i	COVID-HOUSEHOLD/CAREGIVER OF SUSPECTED/CONFIRMED(NYP)
i	COVID-PEDS(CAREGIVER INSTRUCTION)SUSPECTED/CONFIRMED(NYP)

Document all patient education provided in the patient's EMR.



Network Videos (PadInMotion Tablet)

The following patient educational videos related to COVID-19 are available in PadInMotion Tablets through the Wellness Network.

How to Access:

- Information → Education → From the Main Page → Scroll Down → Recommended Learning → Coronavirus Resources

<https://phelpshospital.healthclips.com/>

- [Your Health Checklist: Coronavirus Prevention](#)
- [Symptoms of Coronavirus](#)
- [Caring for Someone Who Has COVID-19](#)
- [Practice Social Distancing](#)
- [What is Ventilator?](#)

Micromedex (Phelps Intranet)

How to Access: Phelps Intranet → Micromedex Tab → Click Micromedex → CareNotes → Search for Covid.

IBM Micromedex® CareNotes® : NORTHWELL HEALTH

Keyword Search | Hot Lists | Care and Condition Titles | Medications

Location: Northshore-LIJ Health System

1 Search | 2 Select Titles | 3 Select Documents | 4 Customize

Your Search: covid

Go To: ☐ Care and Condition Titles (22 titles) | ☐ Medication Titles (0 titles) | ☐ Lab Titles (0 titles)

Care and Condition Titles: (22 titles)

- ☐ COMPLICATIONS OF INFECTION (COVID-19)
- ☐ COVID-19: SLOW THE CORONAVIRUS SPREAD
- ☐ COVID-19 (CORONAVIRUS DISEASE 2019)
- ☐ COVID-19 AND CHILDREN
- ☐ COVID-19 AND CHRONIC HEALTH CONDITIONS
- ☐ COVID-19 AND PREGNANCY
- ☐ COVID-19 Limit Transmission- CHINESE
- ☐ COVID-19 Limit Transmission- KOREAN
- ☐ COVID-19 Limit Transmission- RUSSIAN
- ☐ COVID-19 Limit Transmission -SPANISH
- ☐ Covid-19 Patient Education updated 3/21/20 (Covid-19)
- ☐ Covid 19 - Patients who have received a test
- ☐ Covid-19 Returning Home After Hospitalization (Covid-19)
- ☐ COVID-19 Self Quarantine for Possible Exposure
- ☐ DROPLET PRECAUTIONS (COVID-19)
- ☐ FACE COVERINGS (MASKS) AND COVID-19
- ☐ HOW TO WASH YOUR HANDS (COVID-19)
- ☐ Oxygen Masks and Therapy (Chinese) (Covid)
- ☐ Oxygen Masks and Therapy (Korean) (Covid)
- ☐ Oxygen Masks and Therapy ENG (Covid)
- ☐ Oxygen Masks and Therapy ESP (Covid)
- ☐ Oxygen Masks and Therapy RUS (Covid)

[Add to Print List](#)
[Customize](#)
[Print](#)

Care & Condition Titles	Document Type	✓ Languages	Preview (English)
AIRBORNE PRECAUTIONS	General Information	<input type="checkbox"/> English <input type="checkbox"/> Spanish	🔍
	Discharge Care	<input type="checkbox"/> English <input type="checkbox"/> Spanish	🔍
	Ambulatory Care	<input type="checkbox"/> English <input type="checkbox"/> Spanish	🔍

[Add to Print List](#)
[Customize](#)
[Print](#)



[Lexicomp \(Phelps Intranet\)](#)

How to Access: Phelps Intranet → Lexi Comp Drug Infor Tab → Patient Education → Search for Covid.

Conditions

Leaflet Preview	Print Leaflet	Add To Packet	Coronavirus Disease 2019 (COVID-19) and Children
Leaflet Preview	Print Leaflet	Add To Packet	Coronavirus Disease 2019 (COVID-19) and Pregnancy
Leaflet Preview	Print Leaflet	Add To Packet	Coronavirus Disease 2019 (COVID-19) Overview

Procedures

Leaflet Preview	Print Leaflet	Add To Packet	Coronavirus Disease 2019 (COVID-19) and Outpatient Procedures
Leaflet Preview	Print Leaflet	Add To Packet	Coronavirus Disease 2019 (COVID-19) Tests

Discharge Instructions

Leaflet Preview	Print Leaflet	Add To Packet	Coronavirus Disease 2019 (COVID-19) Discharge Instructions
Leaflet Preview	Print Leaflet	Add To Packet	Coronavirus Disease 2019 (COVID-19) Discharge Instructions, Child
Leaflet Preview	Print Leaflet	Add To Packet	Coronavirus Disease 2019 (COVID-19) in Pregnancy Discharge

Instructions

Leaflet Preview	Print Leaflet	Add To Packet	Fresenius Propoven 2% (Propofol) Emulsion FDA Fact Sheet
Leaflet Preview	Print Leaflet	Add To Packet	Regiocit FDA Fact Sheet
Leaflet Preview	Print Leaflet	Add To Packet	Remdesivir FDA Fact Sheet

Healthy Living

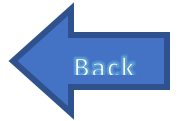
Leaflet Preview	Print Leaflet	Add To Packet	Preventing the Spread of an Infectious Disease
Leaflet Preview	Print Leaflet	Add To Packet	Tips to Help You Cope in Uncertain Times

Adult Medications

Leaflet Preview	Print Leaflet	Add To Packet	Coronavirus <small>[Alcohol (Ethyl)]</small>
Leaflet Preview	Print Leaflet	Add To Packet	Coronavirus <small>[Remdesivir]</small>

Pediatric Medications

Leaflet Preview	Print Leaflet	Add To Packet	Coronavirus <small>[Remdesivir]</small>
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Novel Coronavirus (COVID-19) Patient information

What is a coronavirus?

Coronaviruses are a large family of viruses that cause illnesses ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

What is Novel Coronavirus (COVID-19)?

The Centers for Disease Control and Prevention (CDC) is closely monitoring the outbreak caused by COVID-19. For the latest information about COVID-19, visit the CDC website at [CDC.gov/Coronavirus](https://www.cdc.gov/Coronavirus)

How are coronaviruses spread?

Coronaviruses can be transmitted from person-to-person, usually after close contact with an infected person (for example, in a household, workplace, or healthcare setting), via droplets that become airborne after a cough or sneeze. These droplets can then infect a nearby person. Transmission can also occur by touching recently contaminated surfaces.

Is there a treatment for COVID-19?

There is no specific treatment for disease caused by COVID-19. However, many of the symptoms can be treated based on the patient's clinical condition. Supportive care for infected persons can be highly effective.



What are the symptoms of coronavirus infection?

It depends on the virus, but common signs include fever and/or respiratory symptoms such as cough and shortness of breath. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

What can I do to protect myself?

The best precautionary measures:

- washing your hands
- covering your cough
- disinfecting surfaces
- it is also advisable to avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing
- those with symptoms should wear a surgical mask when around others

What can I do to protect those around me?

If you have been identified as someone who may be infected with COVID-19, we recommend you follow the steps outlined at [CDC.gov/Coronavirus](https://www.cdc.gov/Coronavirus) to protect those around you and to limit the spread of this virus.

Nuevo coronavirus (COVID-19)

Información para el paciente

¿Qué es un coronavirus?

Los coronavirus son una gran familia de virus causantes de enfermedades que van desde un resfriado común hasta enfermedades más graves como el síndrome respiratorio de Oriente Medio (MERS, por sus siglas en inglés) y el síndrome respiratorio agudo grave (SARS, por sus siglas en inglés).

¿Qué es el nuevo coronavirus (COVID-19)?

Los Centros para el Control y la Prevención de Enfermedades (CDC, por sus siglas en inglés) están monitoreando exhaustivamente el brote causado por el COVID-19. Si desea obtener la información más actualizada sobre el COVID-19, ingrese en el sitio web de los CDC en [CDC.gov/Coronavirus](https://www.cdc.gov/Coronavirus)

¿Cómo se propagan los coronavirus?

Los coronavirus pueden transmitirse de una persona a otra, normalmente después del contacto cercano con una persona infectada (por ejemplo, en un grupo familiar, un lugar de trabajo o un entorno de atención médica), a través de pequeñas gotas que transporta el aire cuando alguien tose o estornuda. Estas pequeñas gotas pueden, entonces, infectar a una persona que se encuentre cerca. La transmisión también puede ocurrir cuando se tocan superficies recientemente contaminadas.

¿Hay algún tratamiento para el COVID-19?

No hay ningún tratamiento específico para la enfermedad provocada por el COVID-19. Sin embargo, muchos de los síntomas pueden tratarse en función del estado clínico del paciente. Los cuidados paliativos de las personas infectadas pueden resultar altamente efectivos.

¿Cuáles son los síntomas de la infección por coronavirus?

Depende del virus, pero los signos frecuentes incluyen fiebre o síntomas respiratorios, tales como tos y dificultad para respirar. En los casos más graves, la infección puede provocar neumonía, síndrome respiratorio agudo grave, insuficiencia renal e, incluso, la muerte.

¿Qué puedo hacer para protegerme?

Las mejores medidas de precaución son:

- lavarse las manos
- cubrirse la boca al toser
- desinfectar las superficies
- también es recomendable evitar el contacto cercano con personas que presenten síntomas de enfermedad respiratoria, tales como tos y estornudos
- las personas con síntomas deben usar una mascarilla quirúrgica cuando estén cerca de otros

¿Qué puedo hacer para proteger a las personas que me rodean?

Si se ha determinado que usted puede estar infectado con COVID-19, le recomendamos que siga los pasos detallados en [CDC.gov/Coronavirus](https://www.cdc.gov/Coronavirus) para proteger a las personas que lo rodean y limitar la propagación de este virus.

Novel Coronavirus (COVID-19)

Returning home: recommendations for patients with COVID-19 who no longer require hospitalization

It has been determined that you no longer need hospitalization and can recover while remaining in self-isolation at home. You should follow the prevention steps below until a health care provider or local or state health department says you can return to your normal activities.

1. Restrict activities outside your home, except for getting medical care.

2. Do not go to work, school or public areas.

3. Avoid using public transportation, ride-sharing or taxis.

4. Separate yourself from other people and animals in your home.

People: Stay in a specific room and away from other people in your home when possible. Also, you should use a separate bathroom, if available.

Animals: Restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus.

When possible, have another member of your household care for your animals while you are sick.

If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask.

5. Call ahead before visiting your doctor.

If you have a medical appointment, call the health care provider and tell them that you have or may have COVID-19. This will help the health care provider's office take steps to keep other people from getting infected or exposed.

6. Wear a facemask.

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a health care provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

7. Cover your coughs and sneezes.

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can. Immediately wash your hands with soap and water for at least 15 to 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Novel Coronavirus (COVID-19)

Returning home: recommendations for patients with COVID-19 who no longer require hospitalization

8. Clean your hands often.

Wash your hands often with soap and water for at least 15 to 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

Soap and water are the best option if hands are visibly dirty. Avoid touching your eyes, nose and mouth with unwashed hands.

9. Avoid sharing personal household items.

You should not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

10. Clean all “high-touch” surfaces every day.

High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables. Also, clean any surfaces that may have blood, stool or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

11. Monitor your symptoms.

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your health care provider and

tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the health care provider's office to keep other people in the office or waiting room from getting infected or exposed. Ask your health care provider to call the local or state health department.

Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate. When working with your local health department, check their available hours.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for, COVID-19. If possible, put on a facemask before emergency medical services arrive.

12. Discontinuing home isolation.

Symptom-based strategy: At least 1 day (24 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**, at least 10 days have passed **since symptoms first appeared**.

Test-based strategy: Resolution of fever without the use of fever-reducing medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath), **and** negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (total of two negative specimens).

See [Interim Guidelines for Collecting, Handling, and Testing Clinical Specimens for 2019 Novel Coronavirus \(2019-nCoV\)](#). Of note, there have been reports of prolonged detection of RNA without direct correlation to viral culture.



COVID-19 care guide

Here's what to know when healing at home

If you or someone close to you has been diagnosed with coronavirus (COVID-19) and are now home recovering, you likely have a lot of questions. We're here to offer you all the information and tools you need for a safe and comfortable recovery.

Symptoms

About 80% of people with COVID-19 have mild to moderate symptoms and will recover without needing hospitalization. However, about 1 in 5 people with COVID-19 will experience severe symptoms, and will benefit from management in the hospital. Older adults and people with certain medical illnesses (e.g., heart disease, lung disease, diabetes) may have a higher chance for developing more serious COVID-19 illness.

Symptoms can be different from person to person, including how long they last and how severe they are. Symptoms generally appear 2-14 days after exposure and may take 2 weeks or longer to go away. For all symptoms, remember to hydrate often (8 glasses of water daily or as your doctor recommends) and eat well-balanced meals.

COVID-19 symptoms may include:

Breathing difficulty



Chills



Cough



Diarrhea



Fever



Headache



Loss of appetite



Loss of taste or smell



Nausea



Weakness or fatigue



Tracking your symptoms may be helpful to you and/or your doctor in managing your illness. Keep a log and have it available for doctor visits (in person or through phone/video chat).

Symptom tracker

Symptom	Severity	(Example) 4/28/20	Date	Date	Date	Date	...
Breathing difficulty	Same	X					
	Worse						
	Better						
	Resolved						
Cough	Same						
	Worse						
	Better	X					
	Resolved						
Diarrhea	Same						
	Worse						
	Better						
	Resolved						
Fever	Same						
	Worse						
	Better						
	Resolved						
Nausea	Same						
	Worse						
	Better						
	Resolved						

Symptoms that require immediate medical attention:

- Trouble breathing
- Persistent pain or pressure in your chest
- New confusion or low energy upon waking
- Bluish lips or face
- Difficulty getting fever down
- Oxygen saturation that is below 90%

Call your doctor if you have new or worsening symptoms or questions on managing your symptoms.

Call 911 if you are experiencing a medical emergency.

Monitoring and managing your symptoms

Symptom	Recommendation
Breathing difficulty	<ul style="list-style-type: none">– Your breathing should remain comfortable or improve over time. If breathing difficulty is new or worsening, contact your doctor immediately.– Under the mental health section you will find resources for breathing exercises that can help to strengthen and recondition your lungs.– If you are using a pulse oximeter to check your oxygen level, follow the instructions.
Cough	<ul style="list-style-type: none">– Drink warm liquids such as tea and broths to help loosen mucus.– Try over-the-counter cough medication and cough drops after speaking with your doctor or pharmacist.– Speak with your doctor about medicines such as inhalers if coughing persists or worsens.– Cover your cough with a tissue or cough into your elbow to prevent spreading the infection.
Diarrhea	<ul style="list-style-type: none">– Speak with your doctor about whether taking probiotics (“good bacteria”) may be helpful.– Try a diet that’s easy to digest, also known as a stool bulking diet (bananas, rice, apple sauce and toast).– Avoid dairy.– Eat small, frequent meals.– Speak with your doctor if diarrhea persists.
Fever (temperature above 100.4 degrees F)	<ul style="list-style-type: none">– Take your temperature several times a day.– Use acetaminophen (Tylenol) as needed and follow provided instructions. Do not take acetaminophen if you don’t need it.– Avoid using nonsteroidal anti-inflammatory medications such as ibuprofen (Motrin, Advil) or naproxen (Aleve) unless recommended by your doctor.
Loss of appetite	<ul style="list-style-type: none">– Try small, frequent meals instead of a few large ones.– Avoid greasy and fried foods.– Try to walk around before and after meals.– Stay hydrated. The World Health Organization recommends 1/2 teaspoon salt and 6 level teaspoons sugar dissolved in 1 liter of water to replace electrolytes.
Nausea	<ul style="list-style-type: none">– Avoid carbonated drinks such as seltzer water or soda.– Try chamomile tea, water with lemon juice, or ginger (alone or in tea).– Try at-home acupuncture techniques that can be helpful for nausea and vomiting.

Preparation for a medical emergency

It’s a good idea to [develop a care plan document](#) that [summarizes your health conditions](#), medications, doctors, emergency contacts and end-of-life care wishes (health care proxy, advance directives).

Complete your care plan with your doctor, and if needed, a family member. Once this is completed, you will feel better prepared in the case of any medical emergency.

Physical activity

COVID-19 may cause you to have weakness or a lack of endurance. Here are some recommendations on maintaining and regaining your strength and physical health.

- Walk as much as you can—it's great for your body and mind. Wear a mask when in public and practice social distancing.
- Limit lying on your back during the day; sit or stand as much as possible.
- As your symptoms improve, ask your doctor if it's safe to gradually introduce gentle exercises.
- When starting or re-starting an exercise routine, start slowly and work your way up as tolerated.
- Listen to your body. If you're feeling unwell, stop the activity and rest. You should discuss these symptoms with your doctor.

Additional resources:

[CDC: Physical Activity Basics](#)

[CDC: How Much Physical Activity Do Older Adults Need?](#)

[Move Your Way](#)

[CDC: Physical Activity Recommendations for Different Age Groups](#)

Mental health

Your mental well-being, and that of your caregivers, can be affected by your illness. Having a structured daily routine can help. Here's how:

- Take deep breaths, stretch or meditate regularly.
 - Adequate sleep is important for your recovery. Make sure your bedroom is quiet, relaxing and at a comfortable temperature.
 - Avoid using electronic devices (cell phone, TV, computer, tablets) for 1 hour before bedtime.
 - Avoid napping during the day.
 - Avoid eating large meals, caffeine, and alcohol approximately 3-4 hours before bedtime.
 - Limit the use of sleep medication unless recommended by your doctor because it may have potentially unwanted or harmful side effects.
- Pay attention to what is happening locally, but take frequent breaks from news stories, as they can cause stress and anxiety.
- Make time daily for activities you enjoy.
- Maintain regular communication with friends and family. Others experiencing similar emotions may be helpful.
- Talk with people you trust about your concerns and feelings. Always remember your doctor is only a phone call away.

Additional resources:

[HealthinAging.org: 12 Ways To Ease Isolation While You're Practicing Social Distancing](#)

[CDC: Tips for Better Sleep](#)

[Sleep Education: Healthy Sleep Habits](#)

[CDC: Stress and Coping](#)

[NIH: Meditation in Depth](#)

[YouTube: Mindfulness Meditation](#)

If you or a loved one is overwhelmed with sadness, depression, or anxiety, or have thoughts of harming yourself or others, call the Disaster Distress Helpline at (800) 985-5990 or text TalkWithUs to 66746.

Follow-up care

If you haven't already done so, schedule an appointment with your doctor for follow-up immediately after discharge from the hospital or at the time of your COVID-positive result so he or she can help you manage your illness. Lab services such as blood tests and some imaging can be done in your home if needed. Be sure to read all [discharge instructions](#).

Frequently asked questions

What safe practices should I follow now that I have been diagnosed with COVID-19?

Stay at home, except when getting medical care, and maintain at least 6 feet of distance from others. Cover your mouth and nose [with a mask](#) to decrease the risk of spreading the virus. Do not handle pets or other animals while you are sick, and use home delivery of groceries, meals and household items if possible.

Stay in isolation until you are cleared by your doctor or you meet the following CDC requirements:

- You have no fever (100.4 degrees F or above) consistently for **at least 24 hours** without taking any fever-reducing medicines (e.g., acetaminophen, aspirin, ibuprofen).
- Your respiratory symptoms are improving.
- **At least 10* days** have passed since your symptoms first appeared.

If you had close contact with any other person, tell them about your diagnosis and to monitor for symptoms.

How do I minimize the risk of infecting household members?

Try to stay in a separate bedroom (with separate bathroom, if possible) away from other people in your household. Be especially careful around older adults or people with underlying medical conditions.

Sneeze or cough into a tissue or your elbow, away from other people. Throw away used tissues in a lined trash can and wash your hands. Wash hands often with soap and water for at least 20 seconds. If unable to wash with soap and water, use an alcohol-based hand sanitizer that contains at least 60% alcohol and allow to dry.

You should not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people or pets in your home. Wash these items thoroughly after use. Use a household cleaner to disinfect all "high touch" surfaces daily (door handles, counters, toilets, computer keyboards/mouse, cell phones). Also, clean surfaces that may be contaminated by bodily fluids (blood, stool, saliva).

Is there a drug to treat or a vaccine to prevent COVID-19?

Vaccines against COVID-19 and medicine to treat this disease are still under investigation and have not been proven to be safe and effective at preventing COVID-19. The best approach to care is to control symptoms and prevent complications.

What is one of the known complications of COVID-19?

Some people may develop blood clots in their veins as a result of COVID-19. Speak with your doctor and employer before coming out of isolation about ways to prevent this complication (e.g., activity and medications).

Helpful resources

[Northwell Health COVID-19 Resource Guide](#)

[COVID-19 at Home](#)

[COVID-19 Fact Sheets](#)

[Patient Advocate Foundation: COVID Care Resource Center](#)

[CDC: What to Do if You Are Sick](#)

[Coronavirus.gov](#)

[Centers for Disease Control & Prevention \(CDC\)](#)

[U.S. Food & Drug Administration \(FDA\)](#)

[World Health Organization \(WHO\)](#)

[Family Caregiver Alliance](#)

Northwell Ambulance:	(516) 719-5000
Nassau County Department of Health:	(516) 227-9500
Nassau County Coronavirus Hotline:	(888) 364-3065
Suffolk County Department of Health:	(631) 854-0000 or (631) 787-2200
New York City Department of Health (Queens and Brooklyn):	(347) 396-4100

***Notify the operator that you have COVID-19**

This guide was prepared and coordinated by the physicians and faculty of the Northwell Health Divisions of Geriatrics, Internal Medicine and Palliative Medicine. These recommendations reflect the best available information at the time of publication and may require revisions as we learn more about COVID-19. Please contact your doctor for the most up-to-date recommendations or if you have further questions or concerns about your illness.

Novel Coronavirus (COVID-19)

Newborn care instructions for mothers with confirmed or suspected coronavirus

If you have COVID-19 or are being investigated for having it, you probably have a lot of questions about caring for your new baby. Here are some common questions and answers.

Is COVID-19 transmitted through breast milk?

Person-to-person spread is thought to occur mainly via respiratory droplets produced when an infected person coughs or sneezes. Also, touching surfaces contaminated by an infected person is likely to be important in transmission. In limited studies on women with COVID-19, the virus has not been detected in breast milk and it is not thought that mothers with COVID-19 can transmit the virus via breast milk.

Should I breastfeed with confirmed or suspected COVID-19?

Breast milk is the best source of nutrition for most infants, and although much is unknown about COVID-19, breastfeeding is recommended. Whether and how to start or continue breastfeeding should be determined by you, your family and your health care provider.

If you have symptoms (cough, fever, shortness of breath), you should use a breast pump rather than feed your baby at the breast. Moms with confirmed COVID-19 or symptomatic PUIs (persons under investigation) should take all possible precautions to avoid spreading the virus to baby, including:

- Wash hands before touching baby
- Wear a face mask while feeding at the breast or pumping
- Wash the breast with soap and water once a day
- If expressing breast milk with a manual or electric breast pump, the mother should wash her hands before touching any pump or bottle parts and follow [recommendations](#) for proper pump cleaning after each use
- Have someone who is well feed the expressed breast milk to baby (if mom is sick)

Novel Coronavirus (COVID-19)

Newborn care instructions for mothers with confirmed or suspected coronavirus

How do I protect my baby from getting COVID-19?

If possible, parents or other household members with confirmed COVID-19, under investigation for COVID-19, or with symptoms of COVID-19, should:

- Maintain a separation of 6 feet between themselves and the baby when possible
- Keep any sick sibling(s) away from the infant
- Avoid hugging and kissing
- Wash his or her hands and wear a face mask before touching the baby
- Wash frequently touched surfaces often with household cleaning products

Any caregivers from outside the home who are exhibiting signs and symptoms of COVID-19 should be asked to avoid contact with the infant. All of these precautions should be continued until after having no fever and symptoms (cough, difficulty breathing) for three full days without the use of fever-reducing medicine AND at least 10 days have passed since symptoms first appeared.

Infants born to mothers with known COVID-19 at the time of delivery should be considered a newborn under investigation. This means the newborn should be carefully observed up to 14 days after birth for signs and symptoms of COVID-19. Precautions to minimize transmission of COVID-19 to others include a 6-foot separation from others and the use of a mask when there is contact with the infant, followed by hand hygiene.

Avoid contact with sibling(s) during this time period. Prior to visiting the physician for care, let them know the infant is under observation for COVID-19.

If possible, someone other than the person affected by COVID-19 should care for the infant. It is recommended that someone other than grandparents assist in this task since older people are at greater risk of the disease.

What are the signs of infant COVID-19 infection?

We don't know much about how infants show signs of COVID-19. However, you should call your pediatrician immediately if your infant shows any of the following signs:

- Fever (greater than 100.3 degrees rectal)
- Lethargy (excessive drowsiness)
- Cough
- Trouble breathing
- Feeding problems (such as not waking up to feed or taking less milk than usual)

If your baby is still in the hospital, make an appointment with a pediatrician within 24 hours of discharge.



Visit [CDC.gov/Coronavirus](https://www.cdc.gov/Coronavirus) for more information.

Nuevo coronavirus (COVID-19)

Instrucciones para el cuidado de un recién nacido para madres con coronavirus confirmado o sospechado

Si tiene COVID-19 o la están investigando para saber si lo tiene, probablemente tenga muchas preguntas sobre cómo cuidar a su bebé. Aquí encontrará algunas preguntas y respuestas frecuentes.

¿Se transmite el COVID-19 por la leche materna?

Se cree que la propagación de persona a persona sucede principalmente a través de las gotas de respiración que se producen cuando una persona infectada tose o estornuda. Además, es probable que tocar superficies que contaminó una persona infectada sea otra de las formas principales de transmisión. En estudios limitados sobre mujeres con COVID-19, no se ha detectado el virus en la leche materna, y no se cree que las madres con COVID-19 transmitan el virus por la leche.

¿Debo dar de mamar si tengo COVID-19 confirmado o sospechado?

La leche materna es la mejor fuente de nutrición para la mayoría de los bebés, y aunque se desconozca mucho sobre el COVID-19, se recomienda dar de mamar. Usted, su familia y su proveedor médico decidirán si dar de mamar, cómo comenzar o cómo continuar haciéndolo.

Si tiene síntomas (tos, fiebre, falta de aire), debe usar un extractor de leche en lugar de alimentar a su bebé con el pecho. Las madres con COVID-19 confirmado o que sean personas sintomáticas bajo investigación (PUI) deben tomar todas las precauciones posibles para evitar contagiarle el virus al bebé, incluyendo:

- Lavarse las manos antes de tocar al bebé.
- Usar una mascarilla cuando den de mamar o se estén extrayendo la leche.
- Lavarse el pecho con agua y jabón una vez al día.
- Si se extrae la leche con un extractor manual o eléctrico, la madre debe lavarse las manos antes de tocar las piezas del extractor o del biberón y seguir [las recomendaciones](#) para la limpieza adecuada del extractor después de cada uso.
- Pedirle a una persona sana que alimente al bebé con la leche extraída (si la madre está enferma).

Nuevo coronavirus (COVID-19)**Instrucciones para el cuidado de un recién nacido para madres con coronavirus confirmado o sospechado****¿Cómo puedo proteger a mi bebé del COVID-19?**

Si es posible, los padres u otros miembros del grupo familiar con COVID-19 confirmado, bajo investigación por COVID-19 o con síntomas de COVID-19, deben:

- Estar a 6 pies de distancia del bebé cuando sea posible.
- Evitar que los hermanos enfermos estén cerca del bebé.
- Evitar los abrazos y los besos.
- Lavarse las manos y ponerse una mascarilla antes de tocar al bebé.
- Lavar regularmente las superficies que se tocan con frecuencia con productos de limpieza de uso doméstico.

Se les debe pedir a los cuidadores fuera del grupo familiar que muestren señales y síntomas de COVID-19 que eviten el contacto con el bebé. Todas estas precauciones deben mantenerse hasta que hayan pasado tres días completos sin tener fiebre ni síntomas (tos, dificultad para respirar) sin el uso de medicamentos para bajar la fiebre Y hasta que hayan pasado al menos 10 días desde la aparición de los síntomas.

Los bebés que hayan nacido de madres con COVID-19 confirmado en el momento del parto deben considerarse recién nacidos bajo investigación. Esto significa que se debe observar cuidadosamente al bebé hasta 14 días después del nacimiento para detectar señales y síntomas de COVID-19. Las precauciones para minimizar la

transmisión del COVID-19 a otras personas incluyen mantenerse a una distancia de 6 pies de los demás, usar una mascarilla cuando se esté en contacto con el bebé y lavarse las manos. Evite el contacto con los hermanos durante este periodo. Antes de ver al médico para recibir atención, infórmelo de que el bebé está en observación por COVID-19.

Si es posible, otra persona que no esté infectada con COVID-19 debe cuidar al bebé. Se recomienda que no sean los abuelos los que asistan en esta tarea, ya que las personas mayores tienen más riesgo de contraer la enfermedad.

¿Cuáles son las señales de la infección por COVID-19 en los bebés?

No sabemos mucho sobre cómo los bebés muestran señales de COVID-19. Sin embargo, debe llamar inmediatamente al pediatra si su bebé tiene alguna de las siguientes señales:

- Fiebre (más de 100.3 grados de temperatura rectal)
- Letargo (sueño excesivo)
- Tos
- Dificultad para respirar
- Problemas para comer (como no despertarse para comer o tomar menos leche que lo habitual)

Si su bebé aún está en el hospital, pida una cita para ver a un pediatra en un plazo de 24 horas desde el alta.



► Visite [CDC.gov/Coronavirus](https://www.cdc.gov/coronavirus) para obtener más información.