Discharge Guidelines for New Parents and Their Newborn Baby During Influenza Like Illness Outbreak (COVID-19)

The Saskatchewan Health Authority is committed to providing you and your baby with accurate advice and support upon your discharge. If you need information regarding COVID-19 please go to www.saskatchewan.ca where you will find self-assessment, self-isolation, and self-monitoring guides.

- If you are feeling unwell, complete the COVID-19 Self-Assessment tool at www.saskatchewan.ca.

Do not delay essential medical care due to the concern of contracting COVID-19 at the hospital. The hospital is safe for medical emergencies.

General Information
There is more information in the COVID-19 Pregnancy, Birth, and Postpartum Information for Expectant and New Parents and Families.

- Your newborn will have a 1 – 2 week in person visit with your primary care provider. Your health care provider will complete an exam, weigh your baby, check for jaundice, discuss any feeding issues, and ask about any concerns you may have.

- When being discharged from the hospital, your healthcare provider may give you forms for bloodwork or instructions for other testing or appointments you and your baby need.

- There is more information regarding infant feeding in the Saskatchewan Maternal and Children’s Provincial Program COVID-19 and Feeding Your Baby document.

COVID-19 and Newborns
COVID-19 spreads from person to person through close contact or is spread from object to object. It can take up to 14 days for symptoms of COVID-19 to develop. There is a lot we still do not know about COVID-19 but most often people have no symptoms or mild illness. Based on what we know, children are not at higher risk for COVID-19 infection than adults.

There is a low risk overall that this virus will spread from you to your baby. The symptoms of COVID-19 infection are similar for children and adults, and are similar to the symptoms of other viral infections (e.g. the common cold). Symptoms specific to your baby include:

- Cold symptoms such as runny or stuffed-up nose, cough, sore throat.
- Stomach pain, nausea, vomiting and diarrhea have been reported in a small number of cases.
- Fever or low temperature (less than 36.5 or greater than 37.5).

If your baby has symptoms or you are concerned, call your healthcare provider. Watch your baby for these symptoms:

- Your baby coughing so badly that they are not sleeping or they are gagging/vomiting.
- Your baby appears to be having a hard time breathing. They are breathing fast or you see them working harder to breath (for example the skin between the ribs or lower neck is sucking in).
- You see changes in your baby’s skin color to appear blue or gray.
- Your baby is not eating.
- You are concerned that your baby is having diarrhea and/or not having enough wet diapers.

If your baby develops any of these signs and symptoms at home, go directly to your nearest emergency department or call 911 if it is an emergency.