

KEEP YOUR BABY HEALTHY & SAFE FROM COVID-19



✓ Get Vaccinated

- **If you are pregnant**, you are more likely to get sick from COVID-19
- COVID-19 vaccines **reduce the risk of getting COVID-19** and can also reduce its spread
- Be sure to get **everyone in your family** who is 6 months old or older vaccinated against COVID-19
- Everyone who is **6 months old or older** should get 1 updated Pfizer-BioNTech or Moderna COVID-19 vaccine

✓ When there is a rise in infections consider:

The birth of a new baby brings families together to celebrate.

- Bringing visitors and extended family into close contact with your baby can increase the risk of getting COVID-19. Ask all family members and friends who want to visit **to be up-to-date on their vaccines**
- If anyone around your baby has been exposed to COVID recently, ask them to wear a high-quality mask
- **Ask your child care providers about the extra precautions they have in place** to protect against the spread of COVID-19

✓ Do not put a mask or face shield on your baby:

- Children **younger than two** should not wear masks or face shields.
- Babies move frequently. Their movement may cause the plastic face shield or mask to block their nose and mouth, or cause strangulation.
- Putting a face shield or mask on your baby could **increase the risk of Sudden Infant Death Syndrome (SIDS)** or could strangle or suffocate your baby.