

Influenza Like Illness

Patient Information for Post Partum Moms

If you have flu symptoms (fever, cough, sore throat, sore joints, sore muscles and fatigue)

- You may talk to your doctor about the risk and benefits of rooming in with your baby.
- Measures are in place while you are in the hospital to prevent spread of flu to your baby, other moms and babies. These measures are in place until 7 days have passed from the start of your illness and you no longer have a fever or cough with phlegm.

Measures to protect your baby, other moms and babies:

- Staff will clean their hands and put on a mask, gloves and/or gown before caring for you.
- You should stay in your room. Talk with your nurse before leaving your room.
- Your room will be set up to protect your baby.
- Your baby's bassinette (bed) will be placed 2 metres (6 feet) away from your bed.
- Before going into your baby's bed space:
 - o Clean your hands
 - o Put on a mask. Keep your mask over your nose and mouth at all times. Do not touch your mask.
 - o Put on a clean hospital gown or clean blanket over your gown before you pick up your baby. Slip your gown down to breastfeed.
- After returning your baby to the bassinette:
 - o Remove your mask by touching the ties only. Place the mask in the garbage.
 - o Clean your hands after taking off your mask

Breastfeed your baby.

You may breastfeed your baby while you are ill. The antibodies in breast milk help protect your baby from all illness.

Cough and sneeze into a tissue instead of your arm and clean your hands right away. This will keep the surfaces on your arms and sleeves clean.

Your support person may stay with you.

Your support person should clean their hands and place a clean blanket between themselves and the baby. If they take the baby out of the bassinette, you should put on a mask until the baby goes back to the bassinette.



If your baby is in NICU.

There is a visiting policy for the Neonatal Intensive Care Unit (NICU) to protect babies from germs. When you are well enough and staff has arranged for you to visit or breastfeed your baby:

- o Put on a mask and a clean hospital gown with the opening to the front. Put on another clean hospital gown tie it with the opening at the back.

Clean your hands as you leave your room and again when you enter the NICU.

You may slip your top cover gown down and breastfeed beside your baby's bassinette or assigned area. Keep your mask over your nose and mouth at all times and do not visit with other babies/moms. Ask the staff for a clean mask if your mask becomes wet from moisture.

If your baby is in the unit nursery, staff will bring your baby to and from your room. You or your support person should not enter the unit nursery.