

## Caring for a baby or child when you have COVID-19

- Based on current information, infants and children do not appear to be at higher risk for getting COVID-19 than adults.
- Symptoms and complications of COVID-19 appear to be milder among infants and children compared with adults based on limited reports to date.
- The best way to protect your baby or child is to take all [self-isolation](#) precautions and avoid exposing your baby or child to COVID-19.
- Ask family members who are not sick and who are within your household to help care for your baby or child when possible.
- Your child(ren) or anyone else in your household that you have been exposed to must also self-isolate.
- Watch your child for symptoms of COVID-19.
- If your [child develops any COVID-19 symptoms](#), bring them to an [Assessment Center](#) to get tested. Assessment Centres have different age restrictions, check before going.
- Ensure that everyone in the house is taking precautions to [avoid being exposed](#), including washing their hands frequently and avoiding touching their face.

### If you are unable to self-isolate away from your child:

- Limit the amount of time you are near your baby or child.
- Always wash your hands with soap and water for at least 15 seconds before touching your baby or child.
- [Wear a face mask](#) over your nose and mouth whenever you are near your baby or child and try to stay at least six feet away from each other. Children over the age of two should also wear a face mask over their nose and mouth when they are near you.
- If possible, keep your baby's sleep surface at least six feet from your face, and have your child sleep in their own room, not in the bed with you.
- If you share a bathroom with your child, always [clean](#) high-touch surfaces (counters, faucets, doorknobs and toilet handles) after each time you use it and close the lid of the toilet before flushing it.
- Avoid eating with your child, and if possible, have someone else prepare your child's meals.
- Clean and disinfect frequently-touched objects and surfaces in your home.
- If you are the only one caring for your child and are too sick to care for them, try to find a friend or family member outside of your home who your child can stay with. They will need to isolate for 14 days. If you require support, please call 211.

## Infant feeding:

- If you are breastfeeding, always wash your hands with soap and water for at least 15 seconds before touching the baby and wear a face mask while breastfeeding.
- If you have made an informed decision to feed your baby infant formula:
  - Ask someone who is well to feed the baby, if possible
  - Always wash your hands and wear a face mask while preparing formula and feeding the baby.
  - [Sterilize](#) bottles and equipment, and wash your hands before handling clean bottles and equipment.
  - Have a two to four week supply of formula.
  - If your baby is under two months of age, use liquid concentrate or ready-to-feed formula.
  - Homemade infant formula is not recommended as it is nutritionally incomplete. Learn about [infant formula](#).

## Vaccinations & previous COVID-19 infection

- People who have had COVID-19 in the past should still [get vaccinated](#). Natural immunity from having COVID-19 may not last long and may not protect against COVID-19 variants. It is better to get the vaccine to stay protected.
- Anyone with COVID-19 symptoms, including fever, should not go to a vaccine clinic. Please wait at least 10 days until you are no longer in self-isolation or your symptoms have gone away.

## More information

[Can I breastfeed if I've tested positive for COVID-19?](#)

[Pregnancy, childbirth and caring for a newborn during COVID-19](#)

[Centres for Disease Control: Sick parents and caregivers](#)

[Caring for a Child who is Self-Isolating or has COVID-19](#)

For more information about COVID-19, visit our website at [www.toronto.ca/COVID19](http://www.toronto.ca/COVID19) or call us at 416-338-7600.