

Caring for a Baby 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 is to take all [self-isolation](#) precautions and avoid exposing your baby to COVID-19.
- Before touching your baby, wash your hands with soap and water for at least 15 seconds.
- [Wear a face mask](#) over your nose and mouth whenever you are near your baby.
- If possible, keep your baby's sleep surface at least six feet from your face.
- Ask friends or family members who are not sick to help care for your baby.
- If you are breastfeeding, always wash your hands 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](#).
- Clean and disinfect frequently touched objects and surfaces.

More information

Learn more about [caring for a baby when you have COVID-19](#).

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