



What you need to know

This can be a scary time for new parents. You may be worried about keeping your baby safe. Here is some information to help you stay well.

Being safe does not mean you have to feel isolated and alone.

Can my baby get sick from coronavirus?

Children and babies do not seem to get as sick as adults from COVID-19. (COVID-19 is the name of the illness caused by this virus). Very young children can still get coronavirus. But it is usually mild if they do not have other health problems.

Follow these tips to avoid getting sick:

- Make sure everyone washes their hands
- Avoid crowds
- Eat healthy food

Should I cancel my baby's check-up so that we can stay home?

Call or email your baby's doctor to find out how to keep up to date with your child's visits. Many doctors are changing their office to keep healthy kids away from kids who might be sick.

If you think you or your baby may have COVID-19, CALL your doctor's office immediately. They will give you instructions on what to do and when to come to the office.

What does "social distancing" and "self-isolation" mean for my family?

Social distancing is a way to keep the virus from spreading from person to person. Stay home as much as possible. Stay away from places where there are a lot of people.

When you need to be out, try to keep 6 feet away from others. This will help keep germs from being passed to you through the air. Avoid handshakes and hugs.

It's okay to reach out to your support network if you need help.

Self-isolation means staying home and keeping away from *all* people when you think you may be sick.

Being safe does not mean that you have to feel alone.

Here are things you can do so that you do not feel sad, nervous, and alone:

- Take your baby out to enjoy the sunshine for a little bit each day.
- Talk and text with friends and loved ones to share when you are feeling happy or sad.
- Notice when too much screen time is making you stressed or keeping you away from your baby.
- Talk, sing, and play to help your baby grow and feel safe.

If you are feeling sad, hopeless, or stressed,
it is not your fault and you are not alone.

Talk for FREE to a Caring Expert:

- Orange County Parent Wellness Program 714-480-5160
- Postpartum Support International 800-944-9773

For Family and Friends Who Need Emotional Support:

- Orange County Health Care Agency Community Counseling & Supportive Services 714-645-8000
- 855-OC-Links 1-855-625-4657

Talking to someone will help you feel better, which is good for you AND your baby.

Free Phone or Online Visits or Classes

Did you know that you can set up FREE weekly phone calls or online visits with a nurse or health educator to support you as you care for your baby?

Learn more at [Help Me Grow](#)
1-866-476-9025 or helpmegrowoc.org

- Feeding
- Sleep
- Fussy baby
- Dealing with toddlers
- Any worries you have about your baby or child
- How to get "home visits" by phone



For help with food, formula, donated breastmilk, diapers or breastfeeding please call:

- [WIC](#) 1-888-WIC-WORKS 1-888-942-9675 or m.wic.ca.gov
- [La Leche League](#): 714-965-1182 or lllscnv.org/group-locator
- For diapers, 714-897-6670 or capoc.org/diaperbank
- If you need help right away with safety, food, housing, or something else, please call 2-1-1 or go to 211oc.org.



**This page is not meant to provide medical advice. We are learning more each day and some things may change. For that reason, please call your doctor's office with any questions you may have about you or your baby.*