Write your midwife contact details here;

For any non-emergency concerns you can also call NHS 111

For more information please visit www.NHSinform.scot
This is a worrying time for all and you may be concerned that your newly born baby could become unwell with coronavirus and want to know what to look out for.

How Will I know if My Baby Has Coronavirus:

Many babies with the virus will not show signs of illness and will recover fully. Some can develop an unstable temperature (too hot and/or too cold) and/or a cough. Babies with infections do not always develop a fever. Please see information on identifying illness in new born and when to seek help.

Is my baby at risk?

Babies can potentially catch coronavirus after birth from anyone infected with the virus, even if that person does not feel unwell. It is recommended that you take your baby home as soon as it is safe for you to do so, and follow government advice for self-isolation and social distancing.

In particular you should keep your baby away from people with a cough, fever or other viral symptoms such as a runny nose, vomiting or diarrhoea.

Reduce the risk of your baby catching coronavirus by:

- Hand washing before touching baby, breast pump, bottle or other feeding equipment
- Avoid coughing or sneezing on the baby whilst feeding or holding your baby
- Consider wearing a face mask whilst feeding or holding your baby if you are coughing or have other symptoms (this is not particular to breastfeeding)
- If using a breastpump, follow pump and equipment cleaning recommendations after each use
- If you feel unwell, ask someone who is well to feed your baby. If this is not possible, then follow the advice above
- If using a bottle please wash and clean thoroughly in hot soapy water, before sterilising

Identifying Illness in New borns

Information to help you identify if your baby is unwell and when to seek medical advice can be found at https://www.nhsinform.scot/ready-steady-baby/early-parenthood/caring-for-your-new-baby/if-your-babys-ill

What if My Baby was Born Premature or Unwell?

If your baby has been on the neonatal unit or transitional care ward because they were born prematurely or were un-well please also access the Bliss website: www.bliss.org.uk for help and advice.

Additional Information

Information on infant feeding can be found at www.Parentclub.scot and support is available through the Breastfeeding Network National Helpline (from 9.30am – 9.30pm) - 0300 100 0212.

Parents can also use the Off to a Good Start resource on infant feeding and what to expect in the first few weeks of life. www.services.nhslothian.scot/Maternity/GettingReadyToBeAParent/Pages/Off-to-a-good-start.aspx

Parents copy of Ready Steady Baby will continue to support you until your baby is 8 weeks old. This can also be accessed online at www.nhsinform.scot/ready-steady-baby