

Visiting a new baby

- a guide from your community pharmacist



Think Pharmacy First.

Ask Your Pharmacist.



Infections in newborns can be serious as their immune systems are not fully developed. Newborns are more susceptible to infectious diseases and if they get sick, it can often be more serious than if an older child or adult contracted the same infection. A fever in a newborn is always treated as an emergency until proven otherwise.



Some **Do's** and **Don'ts** for visiting a new baby during the first 2 to 3 months:

Please Do:

- ◆ Wait for an invitation and don't assume you will get to cuddle the new baby.
- ◆ Wash your hands well with warm, soapy water for at least 20 seconds before touching the baby.
- ◆ If you smoke, please ensure you wear fresh, clean clothes. Third hand smoke - the stuff that remains on your clothes, hair and breath is bad for the baby's health.
- ◆ Offer the new mum privacy while she breastfeeds, this can be an emotional experience for her as she learns new skills and establishes a feeding routine.
- ◆ Acknowledge siblings and offer to help out, whether it's putting on a load of washing or bringing a meal.

Please Don't:

- ◆ Touch the baby's face, hands or kiss the baby on the lips.
- ◆ Kiss the baby if you get cold sores (HSV-1 virus). The HSV-1 virus can be very serious in babies. Remember that you don't have to have an active cold sore for it to be contagious.
- ◆ Bring children to visit without checking first. Even if they show no symptoms they may have come into contact with whatever is going around at daycare, kindy or school.
- ◆ Drink hot drinks while you are holding the baby.
- ◆ Wear strong smelling perfumes.
- ◆ Stay for long visits, expect to be waited on, give unsolicited advice or wake up the baby.

Please don't visit:

- ◆ If you are not up to date with your vaccinations especially the Whooping Cough (Pertussis) booster and annual influenza vaccination. Also, remember it can take 2 weeks for the vaccinations to be effective. Getting a flu shot only takes a few minutes and now you can get your flu shot at your local pharmacy. Many pharmacies have extended hours and are open on weekends making it convenient and accessible for most people.
- ◆ If you have a cough, cold, sore throat, rash or temperature.
- ◆ If you are starting to feel sick.
- ◆ If you have a family member or child at home who is sick. You may be carrying the illness even if you don't feel sick.

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