

SUPPORTING KANGAROO CARE

SKIN-TO-SKIN CARE

DURING

COVID-19



GET INFORMED ABOUT THE **RISKS + BENEFITS**

work with your medical team to create a plan

GET CLEAN

WASH YOUR HANDS, ARMS, and CHEST

with soap and water for 20+ seconds. Dry well.



PUT ON **FRESH CLOTHES**

change into a clean gown or shirt.

PLEASE **WEAR A MASK**

and ask others to wear one around babies and families



GET VACCINATED

VACCINES + BOOSTERS **SAVE LIVES**