

China center for disease control and prevention

Technical guidance on prevention and control of COVID-19

Audio and video training courseware

March, 2020



中国疾病预防控制中心
CHINESE CENTER FOR DISEASE CONTROL AND PREVENTION

Newborn Health Care During the Outbreak of COVID-19

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Technical basis

- ***Notice on Strengthening the Treatment and Safe Delivery of Maternal Diseases during the Prevention and Control of COVID-19, National Health Commission***
- **Chinese Medical Doctor Association Neonatal Physician Branch, Newborn Health Professional Committee of China Maternal and Child Health Association, Perinatal Medicine Branch of the Chinese Medical Association "Professional advice for the of new coronavirus infections in neonatal department prevention and control t 2019"**
- ***Interim Guidelines for the Prevention of New Coronavirus Pneumonia Children Aged 0-6, China CDC***
- ***Basic protective measures against COVID-19, World Health Organization***



Course content

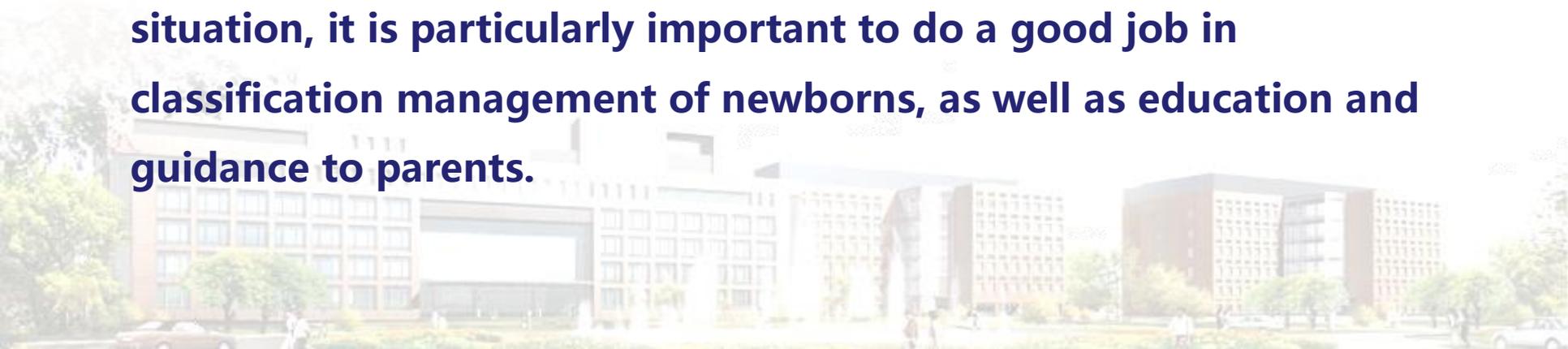
- **Newborn health features**
- **Classification management during the epidemic**
- **Home care instructions**
- **Recognition of abnormal signs**





Newborn health features

- **After birth, the transition from intrauterine maternal survival to independent survival in an extrauterine environment requires a transition and adaptation process.**
- **The care of newborns should be based on the adaptation to the characteristics of their organ systems gradually becoming mature and helping them successfully complete the transition.**
- **According to the special requirements during the epidemic situation, it is particularly important to do a good job in classification management of newborns, as well as education and guidance to parents.**





Classification management during the epidemic

- **In view of the current understanding of COVID-19 diseases, it is unclear whether there is vertical transmission from mother to child or whether it is transmitted through milk.**
- **Different classification management measures should be taken for neonates of different conditions.**
- **Maternal women are suspected cases, confirmed cases, and those who have not recovered after diagnosis.**
Breastfeeding is suspended, including direct breastfeeding and breastfeeding.





Classification management during the epidemic

Designated hospitals of infection prevention and control:

- **Newborns with suspected or confirmed maternal delivery who have poor response, dyspnea, fever, or other serious clinical manifestations should be promptly transferred to a designated hospital with strong neonatal treatment capabilities.**
- **The transfer of newborns who are suspected or diagnosed with delivery of infected mothers shall be carried out strictly in accordance with the requirements of the "Notice of the General Office of the National Health and Health Commission on Printing and Distributing the New Coronavirus Infected Pneumonia Case Transfer Program."**



Classification management during the epidemic

Quarantine and observation ward:

- Newborns who are suspected or diagnosed with delivery of infected mothers are generally in good condition as assessed by the neonatal department and transferred to the neonatal quarantine observation ward.
- For women who are suspected of being infected, the nucleic acid test is negative for two consecutive times, and the newborn can be transferred to the isolation observation ward and implement mother-infant same-room or home care.
- Newborns diagnosed with delivery of infected mothers should be observed in the isolation observation ward for at least 14 days.



Classification management during the epidemic

Mother and baby in the same room:

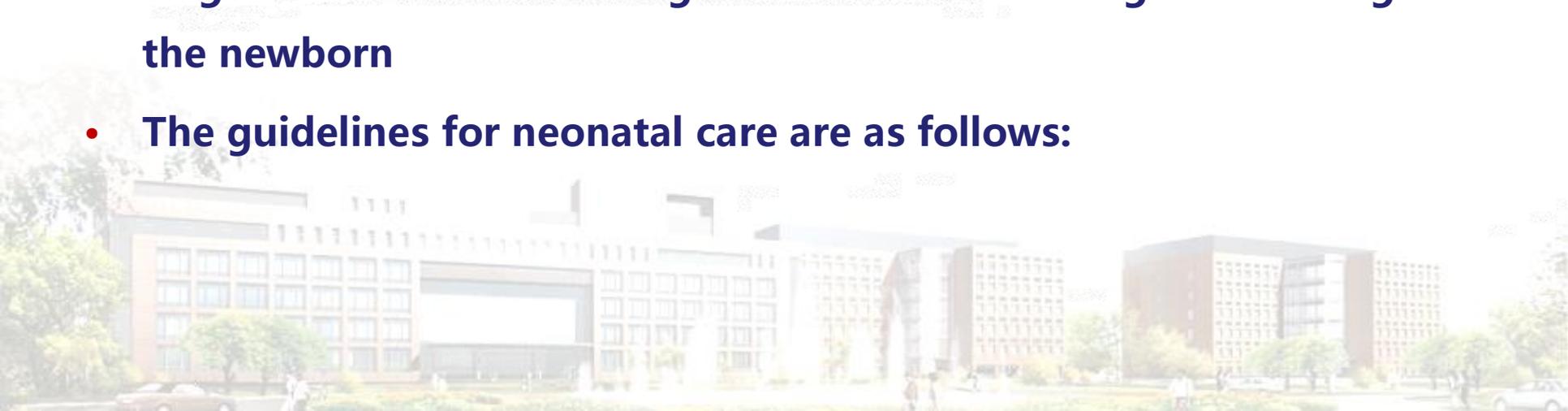
- Newborns delivered by normal mothers who are generally evaluated to be in good condition should have the mother and baby in the same room and encourage breastfeeding.
- During hospitalization, visits are declined. If the mother and baby are in good condition, they can be discharged home together.
- Before the discharge from hospital, the routine vaccination of hepatitis B vaccine and BCG vaccine and neonatal disease screening should be completed.





Home care instructions

- **During the epidemic, the childbirth institution should give health education to the newborn before the mother and baby are discharged from the hospital**
- **After discharge, the community maternal and child health care personnel should take the initiative to understand the basic situation of the mother and the child by telephone, answer the doubts and problems of the mother and caregivers, and provide targeted consultation and guidance on the feeding and nursing of the newborn**
- **The guidelines for neonatal care are as follows:**

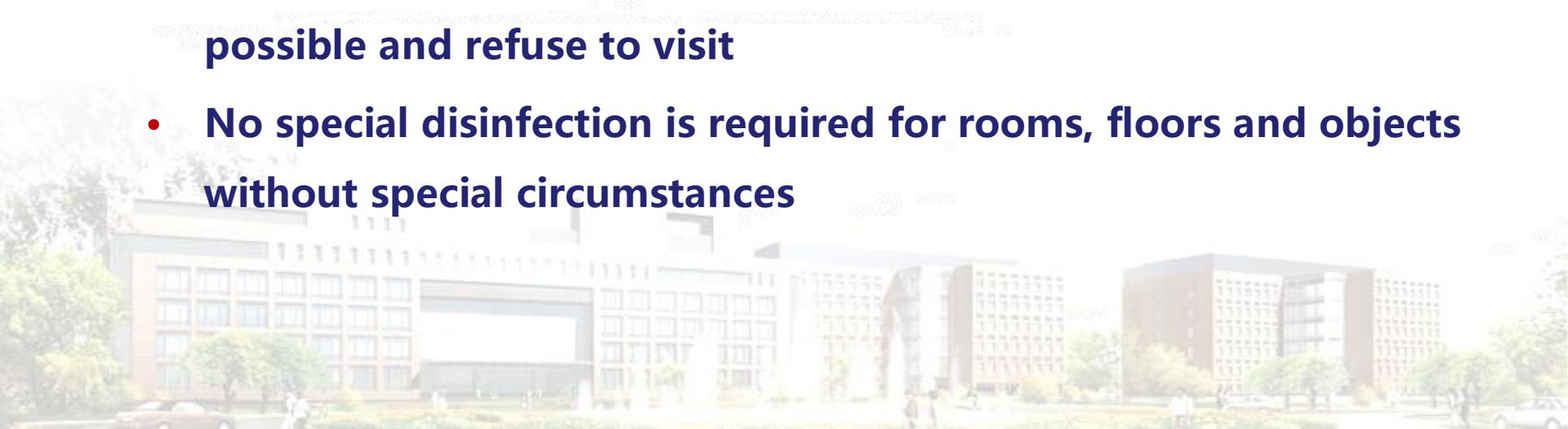




Home care instructions

Environmental supplies:

- **Clean rooms, fresh air, suitable temperature and humidity**
- **Children should use personal towels and utensils**
- **Daily necessities should be clean, and baby bottles need to be cleaned and disinfected, too**
- **Non-caregivers should go to the child's room as little as possible and refuse to visit**
- **No special disinfection is required for rooms, floors and objects without special circumstances**





Home care instructions

Nutrition and feeding:

- **Promote breastfeeding, breastfeeding as needed, > 10-12 times / day**
- **Encourage skin contact between mother and child**
- **Routine vitamin D should be supplemented**
- **Mother's diet should be balanced, and pay attention to the regular way of life, and ensure sleep**



Home care instructions

Care:

- **Keep warm and prevent overheating**
- **Observe body temperature, skin color, breathing, breastfeeding, and bowel movements**
- **Keep your skin clean, change diapers and wash your hips in time**
- **Keep the umbilicus dry, no need to wrap**





Home care instructions

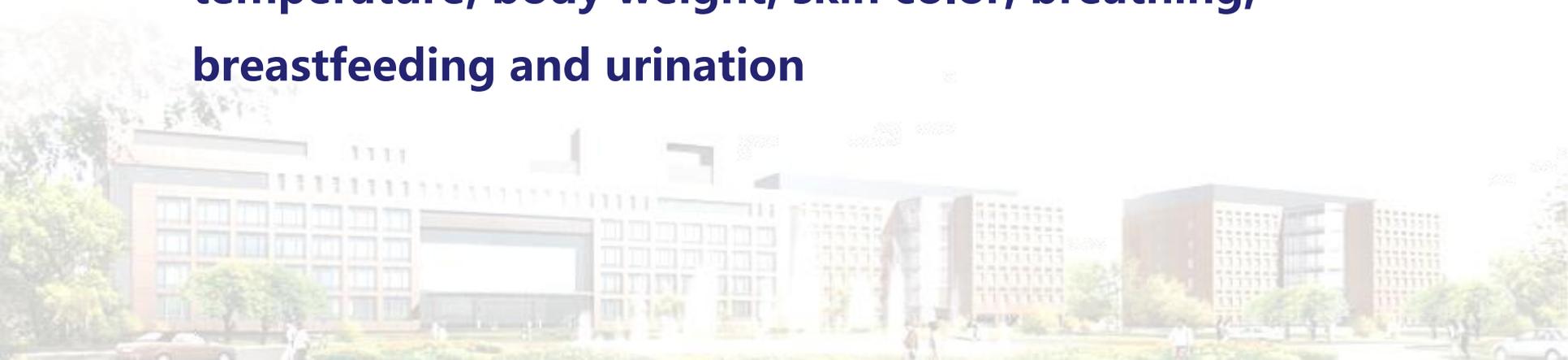
Mother and caregiver:

- Ensure good health, pay attention to personal hygiene
- Wash hands thoroughly before touching children and after handling excreta
- Clean breast skin when mother is breastfeeding, wear mask if necessary
- Don't kiss the child, cough or sneeze at the child
- Try not to go out, such as washing hands, washing and changing if you come back
- People with symptoms of respiratory tract infections at home need to be isolated



Recognition of abnormal signs

- **During the epidemic period, community medical staff cannot conduct routine neonatal visits on time, so mothers and caregivers should be instructed to learn to observe the child' s performance closely and find abnormal signs in time.**
- **Observation: mental reaction, sleep, crying, body temperature, body weight, skin color, breathing, breastfeeding and urination**





Abnormal signs that require consultation

- **Body temperature > 37.5 °C or <36.5 °C**
- **Weight loss exceeds 10% of birth weight, does not return to birth weight within a week, or does not gain weight**
- **Feeding difficulties**
- **Yellow skin, involving the trunk and proximal extremities; skin rash, redness around the nails**
- **Umbilical secretions**





Abnormal signs that require urgent medical attention

- **Body temperature > 38.5 °C or <35.5 °C**
- **Poor mental response, do not cry and move less**
- **Sucking weakness, refusing milk, bloating, frequent vomiting or diarrhea**
- **Breathing > 60 times / min or <20 times / min, irregular, dyspnea with cyanosis**
- **Heart rate > 160 beats / min or <100 beats / min, obvious arrhythmia**





Abnormal signs that require urgent medical attention

- **Convulsions (repeated blinks, stares, twitching of limbs, etc.)**
- **The skin is obviously yellow stained, involving the ends of the limbs and the palms, hands and feet**
- **Depression of eye sockets and bregma, poor skin elasticity, oliguria and other signs of dehydration**
- **Umbilical round skin is red and swollen, and there are many secretions in the umbilicus**
- **Eyelid swelling, conjunctival hyperemia, and excessive secretions**

Since the understanding of the COVID-19 caused is still in the process of continuous understanding and research, the relevant recommendations will also be updated based on the accumulation information and evidence of prevention and control .

Produced by the Maternal and Child
Health Center of China Center for
Disease Control and Prevention