

**Attachment 2: Respiratory Illness Guidelines for Couplet Care in Maternity Care Center and Labor and Delivery (Influenza, COVID-19, and Other Respiratory Viruses)**

**Couplet care guidelines for Influenza, COVID-19, and other respiratory viruses:**

- Licensed Independent Provider must explain that couplet care may be done however, there is a risk to the infant will contract the respiratory illness. Parents may opt to have the infant room in if they understand the risks. The risk to the infant will never be 0% even if the infant is housed away from the mother.
- The infant can stay in the room with the family if they desire. If the mother is experiencing severe symptoms and there is not another a family member present, the infant may be placed in an isolation room in the newborn nursery on appropriate isolation precautions.
- The infant may go to the newborn nursery and must be placed in an isolation room. The couplet nurse will be responsible for care of the baby and return the infant to the mother's room for feedings.
- Appropriate isolation precautions must be initiated and ordered for the infant and mother. ALL visitors must perform hand hygiene upon entering the room and wear a mask while in the patient room. They must perform hand hygiene upon exiting the room.
- All symptomatic persons (including mother) must wear a mask if within 6 feet of the infant.
- While breastfeeding or interacting with the infant, the mother must wash her hands before initiating and wear a mask.
- Duration of isolation for respiratory illnesses other than influenza and COVID-19 is determined by mother returning to baseline respiratory status as outlined in the Isolation Precautions Policy.

**Special considerations specific to Influenza**

Mother and infant must remain on Droplet precautions for 7 days from the onset of symptoms as outlined in the Isolation Precautions Policy

- Enhanced Precautions (e.g. mother wearing mask while breast feeding) may be discontinued if
  - Mother is afebrile for greater than 24 hours
  - AND
  - Mother has completed antiviral therapy for 24 hours
  - AND

Mother is asymptomatic from respiratory symptoms for greater than 24 hours.

Retesting the mother for influenza is not necessary. The flu test is PCR and may be positive even when there is non-viable virus present.

**Special Considerations specific to COVID**

- Mother must remain on Special Airborne Contact precautions for 10-21 days from the onset of symptoms as outlined in the Isolation Precautions Policy.
- Infant will remain on Special Airborne Contact precautions for 10-14 days from last exposure to mother while mother is infectious. See Isolation Precautions policy for details. If infant develops COVID, infant will remain on Special Airborne Contact precautions for 10-21 days from the onset of symptoms as outlined in the Isolation Precautions Policy.