



The Youth Clinic
caring for our future generations

A Whole New World:

Caring For Your Newborn During COVID-19

Welcoming a new baby into the world can be a wonderful yet challenging experience, especially during the COVID-19 pandemic.

The Youth Clinic is here to help you relieve the unknowns while providing expert care so you can spend less time worrying and more time enjoying your newborn. Specializing in the treatment of infants, children, and young adults, The Youth Clinic providers have cared for generations of area youth for more than 50 years. Our entire team focuses on creating a welcoming and caring environment for kids and families.

Protecting Your Infant From COVID-19

- Wash hands often with soap and water for at least 20 seconds
- Use hand sanitizer with 60% or higher alcohol-based
- Avoid touching face, eyes, nose, or mouth with unwashed hands
- Cough or sneeze into a sleeve or tissue
- Practice physical distancing, avoid public spaces and stay 6 feet away from others
- Ensure the entire household avoids close contact with anyone with respiratory symptoms such as coughing or individuals with probable COVID-19

Breastfeeding During COVID-19

Breast milk is the best source of nutrition for most infants. The outbreak of COVID-19 is a stressful time for everyone, including breastfeeding mothers. However, new moms can successfully start and maintain breastfeeding during the pandemic.

- To date, there is no evidence that COVID-19 is passed from mother to baby in breastmilk. Breastfeeding has been shown to be safe when a mom has other illnesses like the flu.
- Babies can receive breast milk even if the mother has tested positive for COVID-19. You, your family, and your healthcare provider can discuss how to start or continue providing breast milk to your baby.
- If new mothers have COVID-19 or are suspected of having COVID-19, temporarily staying in a different room from the newborn is the safest way to keep them healthy. When closer than 6 feet, wear a mask and make sure hands are clean.
- Mothers who are expressing their breast milk should wear a mask during expression, and wash hands before touching any pump or bottle parts. Follow CDC guidelines for proper cleaning and disinfection recommendations. If possible, expressed breast milk should be fed to the infant by a healthy caregiver living in the same home.

Newborn Services

1-3 days after being discharged from the hospital, our Healthy Measures team will meet with you and your newborn to answer any questions you might have. If you are breastfeeding, our team of certified lactation consultants will support you in meeting your breastfeeding goals.

24 Hour Care

The Youth Clinic provides 24 hour care for your family. After hour calls are routed to either an on-call pediatrician or to Children's Hospital in Denver. Additionally, a Youth Clinic pediatrician is always on call at UC Health Poudre Valley Hospital, ready to care for your child

Next Steps for Caring for Your Newborn

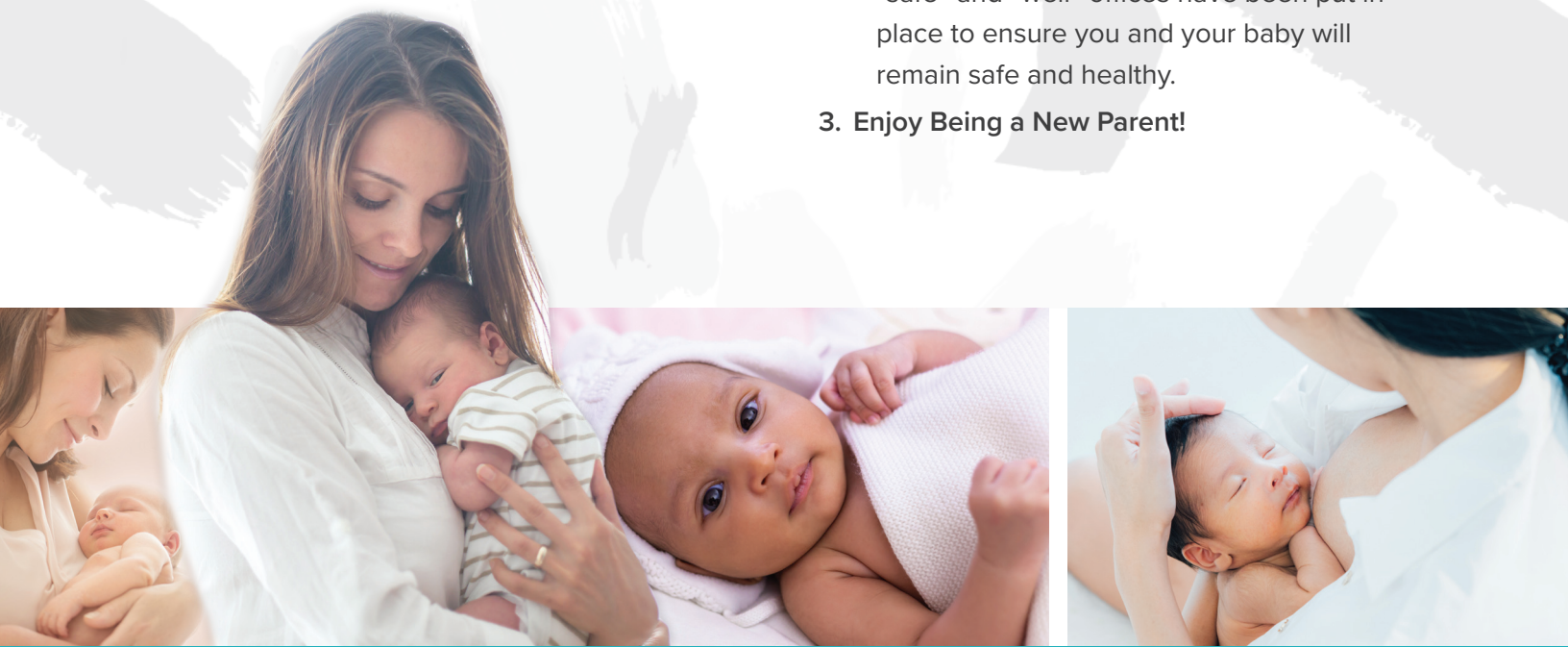
1. Call Our New Patient Representative

- Call (970) 267-6717 and our friendly staff will answer any questions you may have and talk through the process of becoming a patient at The Youth Clinic.

2. Schedule Your Healthy Measures Appointment

- 1-3 days after discharge from the hospital, we will weigh your baby and answer any questions regarding breast or bottle feeding and baby care.
- Additional safety protocols including sanitation, employee screenings, mask requirements, a modified check-in process and designated "safe" and "well" offices have been put in place to ensure you and your baby will remain safe and healthy.

3. Enjoy Being a New Parent!



Four Convenient Locations for Families



South Fort Collins

1214 Oak Park Dr.



Midtown Fort Collins

1200 E. Elizabeth St.



Timnath

4845 Weitzel St., #101



Loveland

2500 Rocky Mountain Ave., #260