Information about Coronavirus (COVID-19) for New Moms

Congratulations on the birth of your new baby!

Your health and your family's health is important to us! We want you to have information about COVID-19 and how you can decide where to get care if you are sick when you go home.

Information about the COVID-19 is changing every day. We recommend going to the New Mexico Department of Health's (NMDOH) to stay up-to-date about New Mexico.

How to Protect Yourself and Family from COVID-19

☑ Stay home! Only go out if it is absolutely needed. **This is the best way to slow the spread of COVD-19.**

☑ Stay 6 feet away from other people if you must leave your house.

☑ Wash your hands with soap and water regularly. You can use an alcohol based hand sanitizer too.

☑ Always cough or sneeze with your elbow or a tissue.

✖ Don't go near anyone that is sick – someone with a fever or is coughing or sneezing.

Go to OB Triage in the first 6 weeks after giving birth if you have:

- Heavy bleeding
- Severe cramping or abdominal pain
- Severe pain in your breasts
- Redness, swelling, or drainage from your c-section area
- Other worries you have about your recent birth of your baby

Call the Triage Logic Line at 1-877-925-6877 with your questions or worries.

Go to the UNMH Respiratory Care Center if you have:

- A fever, cough, or trouble breathing

The Respiratory Care Center is in Room 1500 in the Bill and Barbara Richardson Pavilion Room (BBRP). We work closely with Respiratory Care Center team to make sure you to have the best possible care.

For more information from NMDOH about the Coronavirus (COVID-19)

- Call the COVID-19 Hotline at **1-855-600-3453**

- Go to their COVID-19 website at https://cv.nmhealth.org/

HOSPITALS