

After birth, all mothers and newborns need to stay in the facility for at least 24 hours to receive necessary health checks, counseling, and care before discharge.

Before Discharge, Every Mother and Newborn Needs Counseling and Care

Make sure the following criteria have been met before they leave the facility.



For all mothers and newborns:

- ☑ It has been more than 24 hours since an uncomplicated vaginal birth.
- ☑ The mother has been counseled on exclusive breastfeeding, hygiene, newborn care, maternal nutrition, postpartum depression, protection from mosquitos, follow-up care for the mother for any medical conditions (e.g., high blood pressure), resuming sexual relations, and ensuring safe sex.
- ☑ The mother and family have been counseled on and can recognize danger signs for the mother and baby and know where to seek help.
- ☑ The mother has been counseled on postpartum family planning (including the benefits of spacing births at least 3 years apart), has been offered a contraceptive method of choice (as available), and has been referred for family planning follow-up.
- ☑ The baby has received eye care, cord care, vitamin K, and immunizations per national guidelines, and has been linked to the immunization register.
- ☑ If the mother is living with HIV, she and the newborn have received ARVs. If the mother has had a positive serologic test for syphilis, she and her newborn are completing treatment per protocol; if the baby has signs of congenital syphilis, the family has been referred for specialty care.
- ☑ Follow-up has been scheduled for postnatal care (at 48–72 hours, at 7–14 days, and at 6 weeks), immunization, and family planning.



A mother with any of the following should stay in the facility for more care:

- ☑ Any danger sign: heavy bleeding, severe abdominal pain, unexplained pain in the chest or legs, disorientation, visual disturbance, severe headache, breathing difficulty, fever, chills, or vomiting
- ☑ Bleeding that is heavy or has increased since birth (e.g., bleeding soaks a pad in less than 5 minutes)
- ☑ Any abnormal vital sign: high blood pressure (SBP \geq 140 mmHg or DBP \geq 90 mmHg), low systolic blood pressure $<$ 100 mmHg, temperature $<$ 36.0°C or \geq 38.0°C, or heart rate \geq 90 beats per minute
- ☑ Inability to urinate easily or leaking urine
- ☑ Treatment for a complication and a condition that has not stabilized (e.g., vital signs are not normal or she has a danger sign)

A newborn with any of the following should stay in the facility for more care:

- ☑ Feeding poorly or refusing to eat
- ☑ Convulsions
- ☑ Fast breathing (\geq 60 breaths/minute)
- ☑ Severe chest in-drawing
- ☑ Fever (temperature $>$ 37.5°C axillary)
- ☑ Hypothermia (temperature $<$ 36.5°C)
- ☑ No movement or movement only on stimulation
- ☑ Any yellowing (jaundice) of the skin or mucous membranes (eyes, mouth)
- ☑ Umbilical stump that is bleeding or has discharge, foul odor, or redness around it
- ☑ Has not passed urine and/or stool, or
- ☑ Weight of $<$ 2,500 g

