

Dear Family & Friends,

We can't wait for you to meet our precious new baby!  
Please help us keep our baby happy and healthy.

### No Vax, No Visit

As the big day draws near, we have a few guidelines that we're asking all family and friends to observe. Communicating these key messages now can help reduce confusion later as we're settling in with a new baby. We are so grateful for your presence in our family's life.

#### Please do:

- Wait for an invite
- Offer to help out
- Offer to watch baby while mom showers or eats
- Only visit if you are feeling well
- Feel free to pick up essentials (diapers, etc.) or bring food.

#### Please don't:

- Kiss the baby
- Smell of smoke or strong perfume
- Be offended if we refuse visitors ; as you know, this time is exhausting and we may need to rest

Thank you so much for caring about our newest member of the family and for your patience during a time of transition. We look forward to introducing our new baby as soon as it is safe and comfortable for all.

For more information, visit  
[okhealthfamily.org](http://okhealthfamily.org).



Dear Family & Friends,

We can't wait for you to meet our precious new baby!  
Please help us keep our baby happy and healthy.

### No Vax, No Visit

As the big day draws near, we have a few guidelines that we're asking all family and friends to observe. Communicating these key messages now can help reduce confusion later as we're settling in with a new baby. We are so grateful for your presence in our family's life.

#### Please do:

- Wait for an invite
- Offer to help out
- Offer to watch baby while mom showers or eats
- Only visit if you are feeling well
- Feel free to pick up essentials (diapers, etc.) or bring food.

#### Please don't:

- Kiss the baby
- Smell of smoke or strong perfume
- Be offended if we refuse visitors ; as you know, this time is exhausting and we may need to rest

Thank you so much for caring about our newest member of the family and for your patience during a time of transition. We look forward to introducing our new baby as soon as it is safe and comfortable for all.

For more information, visit  
[okhealthfamily.org](http://okhealthfamily.org).

