



Breastfeeding in the context of COVID-19

Give ONLY BREASTMILK to babies 0-6 months

- It is all they need to grow well and stay healthy
- Breastmilk protects the baby against illnesses and infection

Continue breastfeeding children for 2 years or beyond



Wash your hands with soap and running water for 20 seconds or sanitize before and after handling the baby, breastfeeding, expressing breastmilk and cup feeding.

Mothers with suspected COVID-19 or confirmed positive;



Continue breastfeeding on demand. (every time the mother or baby wants to breastfeed)



Mothers who cannot breastfeed **should be supported to express breastmilk**

Expressed breastmilk should be **fed using an open cup**

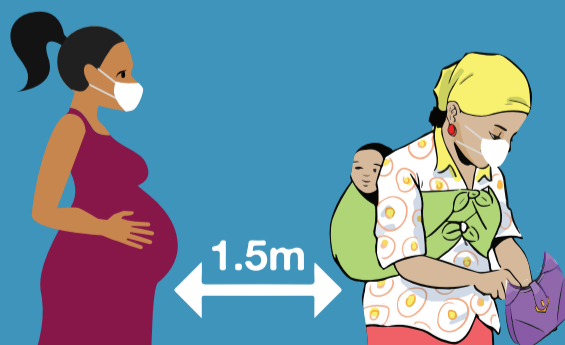


Wear a mask when feeding or caring for your baby

Do not touch your face, nose, or eyes.



Clean frequently touched surfaces with soap and water



Practice physical distancing Stay at least 1.5 meters (2 - 3 steps) away from other persons

In case of signs and symptoms of COVID-19, seek health care early, call *719# or your nearest call centre