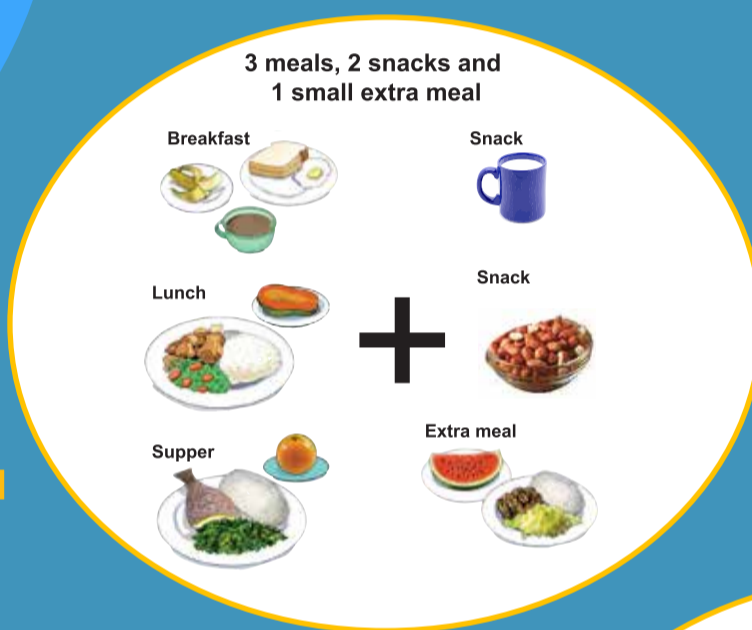




# Good nutrition for pregnant and breastfeeding mothers in the context of COVID-19



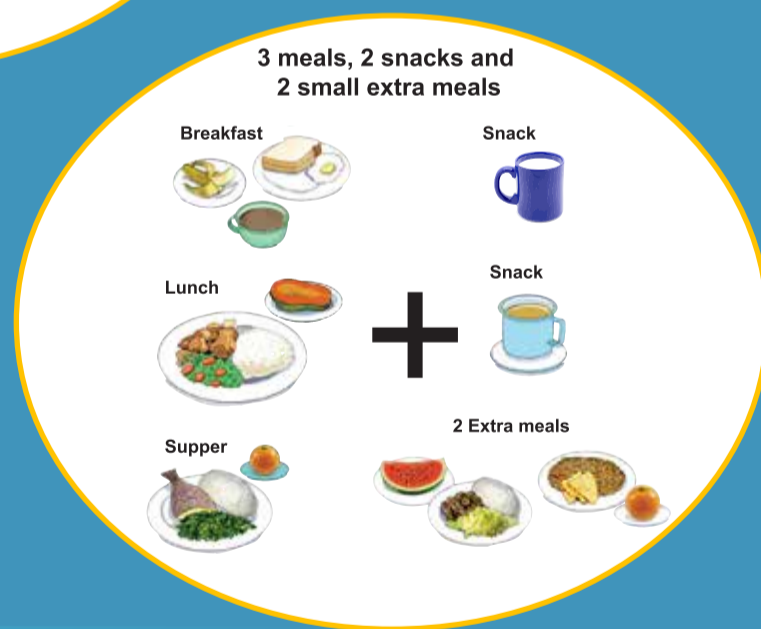
- **Variety is key**
- **Eat at least 5 of the 10 food groups each day**
- **Eat a variety of foods within each food group and across all the food groups**
- **Consume plenty of safe water throughout the day**
- **Visit the health facility for antenatal, postnatal and family planning clinic as scheduled**



- **Take IFAS every day**
- **Take one extra small meal per day**



- **Take two extra small meal per day**
- **Take lots of nutritious fluids (Porridge, soup, fresh fruit juice)**



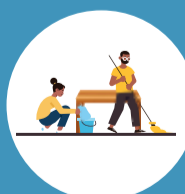
## Mothers with suspected or confirmed COVID-19;



**Wash your hands with soap and running water for 20 seconds** before preparing food, eating and handling the baby



**Wear a mask** when feeding or caring for your baby



**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**