I HAVE DELIVERED

CAN I BREAST FEED IF I HAVE A SUSPECTED OR CONFIRMED COVID-19 INFECTION?

You can breast feed, whether or not you have COVID-19. Breastfeeding protects newborns from getting sick and also helps protect them throughout their infancy and childhood.

You should do the following:

- **REMAIN** with the baby, practice skin-to-skin contact especially straight after birth during establishment of breastfeeding.
- **WASH** your hands under running water using soap or use alcohol-based hand rub before and after touching the baby.
- **COVER** your mouth and nose with a bent elbow or tissue when you cough or sneeze, then throw the tissue in the trash.
- **WEAR** a mask when near your child if you have respiratory symptoms such as coughing or being short of breath.
- **CLEAN** and disinfect frequently touched surfaces.
- **IF** you are severely ill with COVID-19 or suffer from other complications that prevent you from continuing direct breastfeeding, express milk to safely provide breastmilk to your infant.
- **STAY** informed, check your local authority or www.who.int

What to do in case there’s a suspected COVID-19 case

- Don’t panic
- Report to the nearest healthcare facility
- Or call:

These recommendations are based on WHO guidelines. This information is effective as of 24th March 2020. Case management of COVID-19 is rapidly evolving. Stay informed and check local authorities and www.who.int.