Safe Care
HEALTHCARE STANDARDS

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 at 26th March 2020. Case management of COVID-19 is rapidly evolving. Stay informed and check local authorities and www.who.int.

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