

Breastfeeding Advice to Mothers in Situation of CORONA VIRUS (COVID 19)

- You should breastfeed your baby, as close contact and early, exclusive breastfeeding helps your baby to thrive
- If you have COVID 19, you should breastfeed if you want to do so, and:



Wear a mask during feeding



Don't kiss or put your mouth in contact with baby's face.



Cover your mouth with tissue or with your bend of elbow, when you cough and sneeze



Wash hands before and after touching the baby



Routinely clean surfaces you have touched

- If you have COVID 19, you need support to:



Breastfeed safely, with good respiratory hygiene



Hold your newborn skin-to-skin



Share a room with your baby



Wash your hands before and after touching your baby



Keep all surfaces clean

- If you are too unwell to breastfeed your baby due to COVID-19 or other complications, you should be supported to safely provide your baby with:



Expressed breast milk



Donor human milk

To date, the virus has not been found in samples of breastmilk

