

COVID-19

Coronavirus Disease



BETTER
Health
FOR BELIZE

Breastfeeding and COVID-19

Even when a mother is confirmed/suspected to have COVID-19, she can still breastfeed safely with proper hygiene precautions. Mothers who are not well enough to breastfeed can safely provide their babies with expressed milk.

"There is no reason to avoid or stop breastfeeding."

The mother and anyone helping her should:

- Wash their hands before expressing breastmilk or touching any pump or bottle parts
- Wash the pump and containers with liquid soap and warm water after every use
- Rinse pump and containers with hot water for 10-15 seconds

The expressed breastmilk should be fed to the baby using a clean cup or spoon by a person who has no signs or symptoms of illness. The mother/caregiver should wear a mask and wash their hands before feeding the newborn/infant.



PAHO

Pan American Health Organization
World Health Organization
REGIONAL OFFICE FOR THE AMERICAS

