

COVID-19

Coronavirus Disease



BETTER
Health
FOR BELIZE

If a mother is confirmed/suspected to have COVID-19, she should wear a mask

Use a mask while breastfeeding or holding the baby:

- Wash hands before putting on and after removing a mask
- Cover nose, mouth, and chin
- Adjust straps for close fit on face
- Change masks as soon as they become damp or dirty
- DO NOT touch front of used mask
- DO NOT remove mask when others are around
- DO NOT reuse disposable masks; throw in closed bin after use
- Wash cloth masks and sanitize with bleach before rinsing in water, drying and reusing
- Do NOT share masks

***If possible, let someone who is healthy help care for your baby or feed the baby expressed milk.**



PAHO

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

