



COVID-19

Coronavirus Disease



BETTER
Health
FOR BELIZE

Breastfeeding & COVID-19

So far COVID-19 has not been detected in the breastmilk of any mother with confirmed or suspected COVID-19. Therefore, it is unlikely for COVID-19 to be transmitted through breastfeeding or by giving a baby breastmilk from a mother who is confirmed or suspected to have COVID-19.



CURRENT INFORMATION SHOWS
NEWBORNS AND INFANTS
ARE AT LOW RISK OF COVID-19
INFECTION.

Close contact and early exclusive breastfeeding help babies to thrive. Through breastfeeding the mothers’ antibodies are passed to babies, boosting their immune system and helping them fight infections.

General Preventive Measures While Caring for Baby

Once a mother has tested positive for COVID-19, it may mean that she can spread the infection up to 14 days after symptoms appear or 10 days after the date of the positive test if she is asymptomatic. During the time of isolation, she can continue to care for and breastfeed her baby safely. To protect the baby, the mother should:



Practice proper respiratory etiquette: sneeze or cough into a tissue



Always wear a face mask around the baby, especially when holding or breastfeeding



Clean all pump and bottle parts after each use



Frequently clean and disinfect surfaces including baby’s crib and toys



Wash hands with soap and water for at least 40 seconds or use alcohol-based hand sanitizer before and after touching/holding the baby and touching any breast pump or bottle parts

If a mother coughs over her exposed breast or chest, she should gently wash the area with soap and warm water prior to feeding.

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



PAHO

