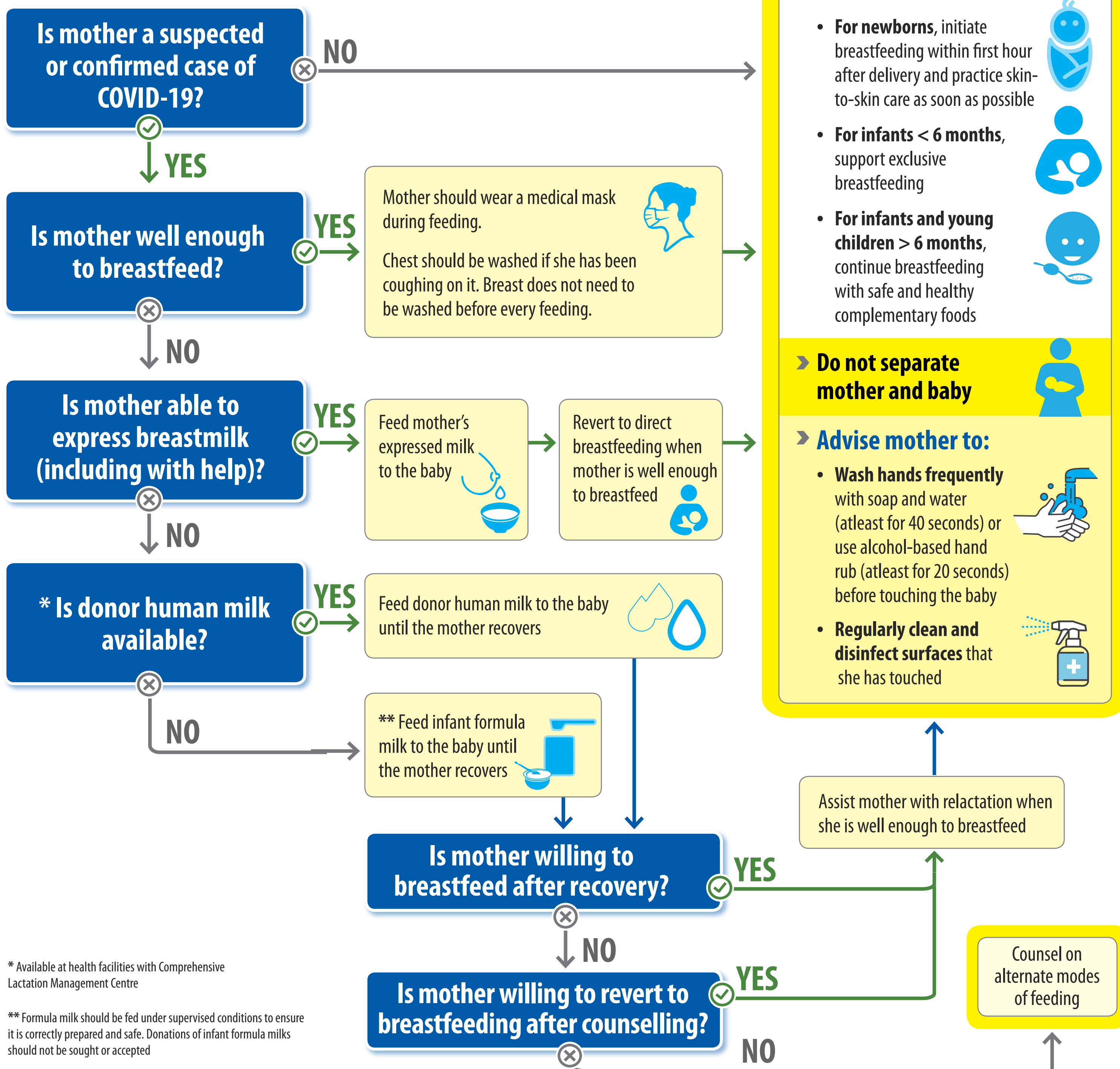# Decision Tree

for breastfeeding in context of COVID-19: Guidance for health care workers in facility and community settings

Breastfeeding should be promoted irrespective of mother's COVID status. It improves survival and provides lifelong health and development advantages to newborns and infants. Breastfeeding also improves the health of mothers.

Is mother a suspected or confirmed case of COVID-19? — **NO** →

YES ↓

Is mother well enough to breastfeed? — **YES** →
> Mother should wear a medical mask during feeding.
>
> Chest should be washed if she has been coughing on it. Breast does not need to be washed before every feeding.

NO ↓

Is mother able to express breastmilk (including with help)? — **YES** →
> Feed mother's expressed milk to the baby → Revert to direct breastfeeding when mother is well enough to breastfeed

NO ↓

* Is donor human milk available? — **YES** →
> Feed donor human milk to the baby until the mother recovers

NO →
> **** Feed infant formula milk to the baby until the mother recovers**

↓

Is mother willing to breastfeed after recovery? — **YES** → Assist mother with relactation when she is well enough to breastfeed

NO ↓

Is mother willing to revert to breastfeeding after counselling? — **YES** →

NO → Counsel on alternate modes of feeding

> **Support mother to breastfeed:**
> - **For newborns**, initiate breastfeeding within first hour after delivery and practice skin-to-skin care as soon as possible
> - **For infants < 6 months**, support exclusive breastfeeding
> - **For infants and young children > 6 months**, continue breastfeeding with safe and healthy complementary foods

> **Do not separate mother and baby**

> **Advise mother to:**
> - **Wash hands frequently** with soap and water (atleast for 40 seconds) or use alcohol-based hand rub (atleast for 20 seconds) before touching the baby
> - **Regularly clean and disinfect surfaces** that she has touched

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* Available at health facilities with Comprehensive Lactation Management Centre

** Formula milk should be fed under supervised conditions to ensure it is correctly prepared and safe. Donations of infant formula milks should not be sought or accepted