

GOVERNMENT OF MAHARASHTRA

No.- Covid-2021/CR-369/KK
Public Health Department
G T Hospital Complex Building
10th Floor, Mantralaya, Mumbai-1
psec.pubhealth@maharashtra.gov.in
Date- 15. 06 . 2021

To,

District Collector (All)
Municipal Commissioner (All)
Deputy Director (All Circle)
Civil Surgeons (All)
District Health Officer (All)

Subject:- Guidelines for breastfeeding newborns born to Covid Positive mother..

It is seen that at some places mother and babies are being separated for a few weeks after birth, if mother is Covid Positive. Separation makes it extremely difficult for both of them to initiate and establish exclusive breastfeeding which is important in building the newborns immunity during the times of a pandemic.

World Health Organization vide their guideline dated 23rd June 2020 recommended that mothers with suspected or confirmed COVID-19 should be encouraged to initiate or continue to breastfeed. Mothers should be counseled that the benefits of breastfeeding substantially outweigh the potential risks for transmission.


Mother and infant should be enabled to remain together while rooming-in throughout the day and night and to practice skin-to-skin contact, including kangaroo mother care, especially immediately after birth and during establishment of breastfeeding, whether they or their infants have suspected or confirmed COVID-19.

GOI guideline: The numerous benefits of breastfeeding exceed the potential risks of transmission and illness associated with COVID-19. If mother has symptoms of or confirmed COVID-19, she should take following steps to avoid spreading the virus to her baby and can breastfeed if they wish to do so:

- Wear a mask/ cloth face covering during any contact with the baby, including while feeding
- Wash hands with soap and water or use alcohol-based hand rub before touching the baby
- Sneeze or cough into a tissue. Then dispose of it immediately and wash hands again
- Routinely clean and disinfect surfaces that mothers have touched

It is important to replace medical masks as soon as they become damp and dispose of them immediately. Masks should not be reused or touched in the front.

If mother is too unwell to breastfeed her baby due to COVID-19 or other complications, she can be supported to safely provide her baby with breast milk in a way possible, and acceptable to her such as expressing milk or donor human milk, etc.


(Dr Pradeep Vyas.)
Additional Chief Secretary,
Public Health Department

Copy to –

- 1) Commissioner, Health Services and MD NHM.
- 2) Director Health Services, Mumbai / Pune