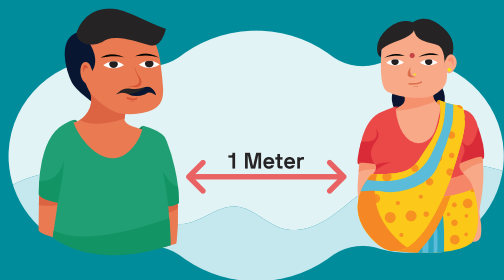


Guidance for pregnant and lactating mothers and their family members during COVID-19 outbreak



- 1) Practice physical distancing and wash hands frequently with soap and water.
- 2) Avoid touching eyes, nose and mouth.
- 3) Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately and wash hands.
- 4) Family members to take adequate care of mother's diet, mental wellbeing, physical activity and adequate sleep.



- 5) If you have fever, cough or difficulty in breathing, self-quarantine and seek medical care immediately.



- 6) Keep a list of emergency contacts and important documents like antenatal card ready with you on the way to hospital. Call the doctor before going to a health facility.
- 7) Initiate breastfeeding within one hour of birth. If you are unable to breastfeed because of your sickness, then express milk* hygienically and family/nurse can feed the baby.
- 8) Practice skin-to-skin contact/kangaroo mother care for a very low birth weight baby.
- 9) If you are sick and unable to express, then the baby can be given pasteurised donor human milk on doctor's prescription.

- 10) If you have excess milk after feeding your baby, please consider donating the excess milk.

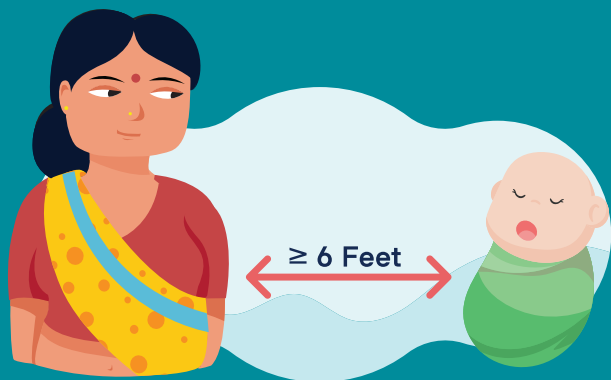


*Expressed breastmilk can be stored in a sterile closed container at room temperature for up to 4-6 hours, in the refrigerator for 24 hours and for about 3 months in a freezer (at -18 to -20 °C). Mothers can express milk after washing hands and breasts, while wearing mask. Attachments used in milk expression should be disinfected after each use.

Guidance for COVID-19 suspected or positive pregnant or lactating mothers and their family members

- 1) Current evidence shows no transfer of COVID-19 infection during pregnancy or through breastmilk. However, a mother may infect the baby through her respiratory secretions post-delivery. Hence in consultation with your doctor, if you and baby are isolated together, initiate direct breastfeeding within 1 hour taking all precautions.
 - a. Wear a medical/surgical face mask before each feeding or other close contact with the baby.
 - b. When not feeding, keep a distance of ≥ 6 feet from your baby.
 - c. Perform hand hygiene frequently including before and after touching and feeding the baby.
 - d. Routinely clean and disinfect surfaces, which you have been in contact with.

If you and baby are not together, express the milk and family members or nurse can feed the baby following all precautions.



- 2) If you are too sick to express milk, pasteurised donor milk can be given to the baby on doctor's prescription.

