



COVID-19
CORONAVIRUS

Home Care

BREASTFEEDING MOMS

This is not a substitute for medical advice from your doctor. It is advisable to consult your doctor either via online or physically to get the treatment.

www.drdad.in



Together with coronavirus disease (COVID-19), inaccurate or unsubstantiated information also spread around the globe.

To provide you with the latest and most credible information regarding breastfeeding, human milk, safety and health for breastfeeding moms and their babies, Dr Dad has created this COVID-19 information hub. We have compiled related articles on the topic and have prepared a collection of answers to questions parents and healthcare professionals might have. These answers have been collated from reliable sources to provide you with useful information. We will update this Q&A section frequently as new information becomes available.

Share this information with your family, friends and colleagues. Help parents get answers from reliable and trustworthy sources.

Breastfeeding and Pumping During Covid-19

Breast milk is the best source of nutrition for babies and protects them against illness. Breast milk of infected mothers contains no active new coronavirus. But it contains antibodies against it. The benefits of breastfeeding outweigh the potential risks associated with COVID-19.

Is it safe to breastfeed if I have confirmed or suspected COVID-19? **YES**

Is it safe to give expressed breast milk if I have confirmed or suspected COVID-19? **YES**

Is it safe to still hold my baby in skin-to-skin contact if I have confirmed or suspected COVID-19? **YES**

Is it safe to give my pumped milk to my unwell or preterm baby in the NICU if I have confirmed or suspected COVID-19? **YES**

At birth and in the hospital

- Initiate breastfeeding within the first hour after birth
- Practice skin-to-skin contact as soon as possible
- Continue to use recommended cleaning guidelines for pumping equipment.

For infants and young children, continue breastfeeding and introduce safe and healthy complementary foods at 6 months of age

Mothers and babies should not be separated due to confirmed/suspected COVID-19

How to keep you and your baby safe during COVID-19?

The 3 Ws:'

- WEAR a mask during feeding
- WASH hands with soap before and after touching the baby
- WIPE and disinfect surfaces regularly

You should always wash your hands with soap and water for 20 seconds before breastfeeding or expressing breast milk, even if you don't have COVID-19. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.

Online Consultation

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BY SEEING THE CURRENT SITUATION WE HAVE LAUNCHED AN Online DOCTOR CONSULTATION ON Whatsapp Chat Service TO SUPPORT PEOPLE THROUGH THESE TIMES. WE ARE ALSO AIMING TO ADDRESS PEOPLE'S FEARS ABOUT THE VIRUS AND ANSWER CONCERNS IF ANY.

For Online Consultation, you can follow these steps:

Method 1.

1. Visit www.drdad.in
2. Click on Online Consultations
3. Follow the steps written there and book an appointment

Method 2.

1. Call / Whatsapp at +91 8595490248
2. Get Appointment link on your WhatsApp
3. Fill it and book and appointment.