

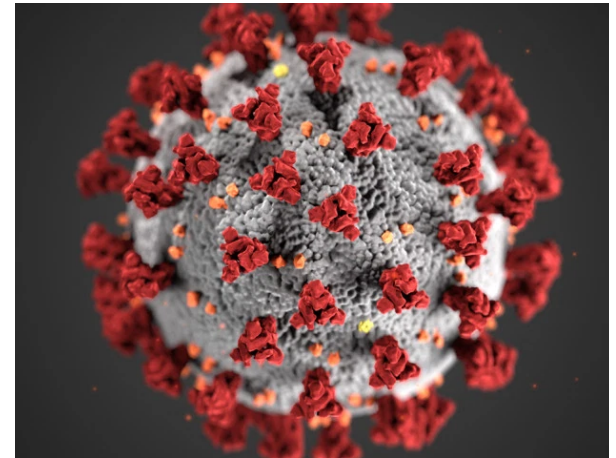
COVID-19 and Infant Feeding in Emergencies

The CHEERing team

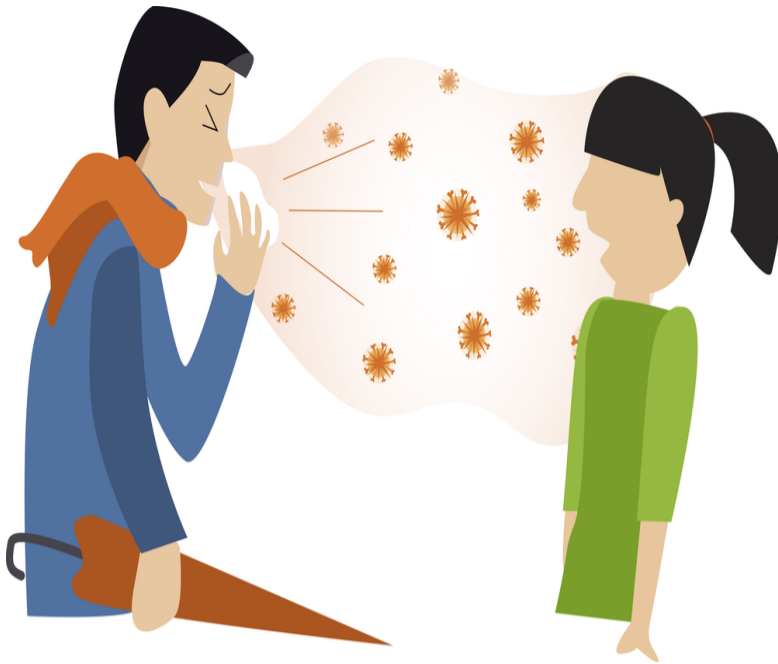


What is “coronavirus”?

- The new coronavirus germ causes a disease called COVID-19
- COVID-19 has spread all over the world
- It infects the lungs and can cause breathing problems



How do you catch COVID-19?



- Germs like coronavirus attack our bodies from inside
- If another person coughs or sneezes, you can breathe in their bad germs and get sick
- Even if someone does not look ill, they can make you sick!



Feeding your baby and COVID-19: What to do?

- The World Health Organization says women should breastfeed even if they get COVID-19
- Breastfeeding protects babies from viruses, and breastfeeding by mothers with COVID-19 is safer than not breastfeeding
- <https://www.unicef.org/stories/novel-coronavirus-outbreak-what-parents-should-know>



Will my baby catch coronavirus?

- Some babies catch COVID-19 but we are not sure how
- Most babies and young children who catch COVID-19 get better quickly and do not get very sick
- If you have COVID-19, keep breastfeeding because it protects the baby
- Don't cough on the baby – cover your face when you breastfeed and when you're near the baby



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Breastfeeding in emergencies

- When sickness is in the air, the mother's body makes special cells that fight the sickness
- These special cells go into the milk
- When the baby drinks mother's milk, it then protects the baby against the sickness
- Breast milk is always clean, ready, and healthy



Bottle feeding in emergencies

- If you do not breastfeed you have to be very careful
 - Use the right amount of formula
 - Don't give animal milk to babies under 6 months
 - Use boiled, clean water
 - Boil/sterilize the bottles
 - Keep bottled milk in the fridge
 - Don't re-use the bottled milk when baby has drunk some of it...
 - Coronavirus and other germs can live on dirty surfaces
- It's much safer and easier to breastfeed!



If everybody breastfed....

- Over 800 000 babies' lives would be saved every year
- Infant diarrhea would be cut in half
- Breathing problems would decrease by 1/3
- This information comes from the World Health Organization



Infant and young child feeding. World Health Organization.
<https://www.who.int/news-room/fact-sheets/detail/infant-and-young-child-feeding>.
Published February 16, 2018.

Breastfeeding. World Health Organization
https://www.who.int/health-topics/breastfeeding#tab=tab_1

Will I make enough milk?

- If your breasts have developed normally, you will make enough milk
- It is very unusual not to have enough milk
- Only breastfeed from day 1, and you will make enough milk
- You do not need a special diet to breastfeed
- Your milk will be perfect even if you are living in a tent, container, or shelter
- Your baby should poop and pee often, and gain weight. If they do not, you should see a doctor

How big is a newborn's stomach?



Day 1

size of a cherry

5-7 mL
1- 1.4 teaspoons



Day 2

size of a walnut

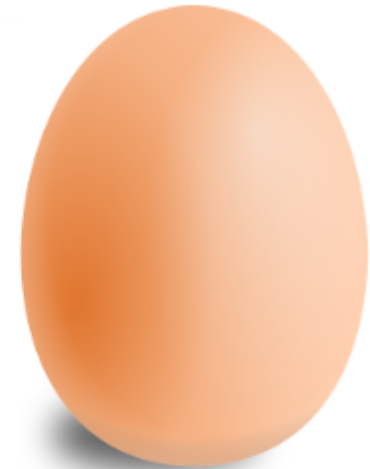
22-27 mL
0.75-1 oz



One week

size of an apricot

45-60 mL
1.5- 2 oz



One month

size of large egg

80-150 mL
2.5- 5 oz

www.letmommysleep.com



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Can I stop bottle feeding and breastfeed instead?

- Sometimes — it depends on many things
- If you are only giving 1 bottle a day, you can cut 1 bottle, but breastfeed more to make up for this
- The more milk baby drinks, the more you will make, so baby must drink from the breast as much as possible
- If you want to switch from bottle to breastfeeding, you must get your baby weighed and make sure you are making enough milk



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In an emergency (or not!)....

- Feed only breast milk for 6 months
- Start solids at 6 months, and keep breastfeeding



For smart, sharp, strong baby

***Give baby only
breastmilk for
first 6 months***

**No water.
No fluid.
No other food.**

