Infant and Young Child Feeding Recommendations

When COVID-19 is Suspected or Confirmed
Actions needed to prevent the spread of COVID-19
Take precautions during delivery and rooming-in
Take precautions when breastfeeding, day and night
Wash hands with soap to prevent spread of COVID-19
Wash hands for 20 seconds following these steps:

1. Wet hands.
2. Apply soap.
3. Scrub hands.
4. Rinse hands.
5. Dry hands.
6. Inspect hands.
7. Adjust settings.
8. Review progress.
9. Confirm completion.
Practice food safety and prepare clean water
Practice safe complementary feeding

6 up to 9 months

9 up to 12 months

12 up to 24 months
When to seek advice from the health facility

- Immunization
- Refusal to Feed
- Malnutrition
- Vomiting
- Diarrhoea
- Convulsions
- Respiratory infection
- Fever
- Health Facility
How to hand express breast milk and cup feed
If you give infant formula while recovering from the virus

Safely mix and feed the infant formula