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. Lather hands
3. Scrub hands
4. Rinse hands
5. Dry hands
6. Rub fingers
7. Clean wrists
8. Dry wrists
9. Use soap and water

10. Dry hands
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

- Respiratory infection
- Refusal to Feed
- Vomiting
- Diarrhoea
- Convulsions
- Malnutrition
- Fever
- Immunization
- Respiratory infection
- Malnutrition
- Fever
How to hand express breast milk and cup feed

1. Express breast milk:
   - Sitting on the bed, place a towel under your breast.
   - Using your fingers, gently massage your breast to express milk.

2. Collect milk into a container:
   - Use a clean container to collect the expressed milk.

3. Pour milk into a cup:
   - Gently pour the milk into a sterile cup.

4. Feed the baby:
   - Use a sterile feeding syringe to feed the baby.

5. Store milk:
   - Store the milk in a sterile container, such as a refrigerator or freezer.
If you give infant formula while recovering from the virus

Safely mix and feed the infant formula