Close contact and early, exclusive breastfeeding helps a baby to thrive.

A woman with COVID-19 should be supported to breastfeed safely, hold her newborn skin-to-skin, and share a room with her baby.
If a woman with COVID-19 is too unwell to breastfeed, she can be supported to safely provide her baby with breastmilk in other ways, including by:

- Expressing milk
- Relactation
- Donor human milk

World Health Organization

#COVID19 #CORONAVIRUS
Women with COVID-19 can **breastfeed** if they wish to do so. They should:

- Practice respiratory hygiene and wear a mask
- Wash hands before and after touching the baby
- Routinely clean and disinfect surfaces

#COVID19 #CORONAVIRUS

*World Health Organization*
All women have the right to a safe and positive childbirth experience, whether or not they have a confirmed COVID-19 infection.

- Respect and dignity
- A companion of choice
- Clear communication by maternity staff
- Pain relief strategies
- Mobility in labour where possible and birth position of choice

World Health Organization

#COVID19 #CORONAVIRUS
I’m pregnant. How can I protect myself against COVID-19?

- Wash your hands frequently
- Avoid touching your eyes, nose and mouth
- Put space between yourself and others
- Cough or sneeze into your bent elbow or a tissue

If you have fever, cough or difficulty breathing, seek care early. Call beforehand, and follow medical advice.

World Health Organization

#COVID19 #CORONAVIRUS