

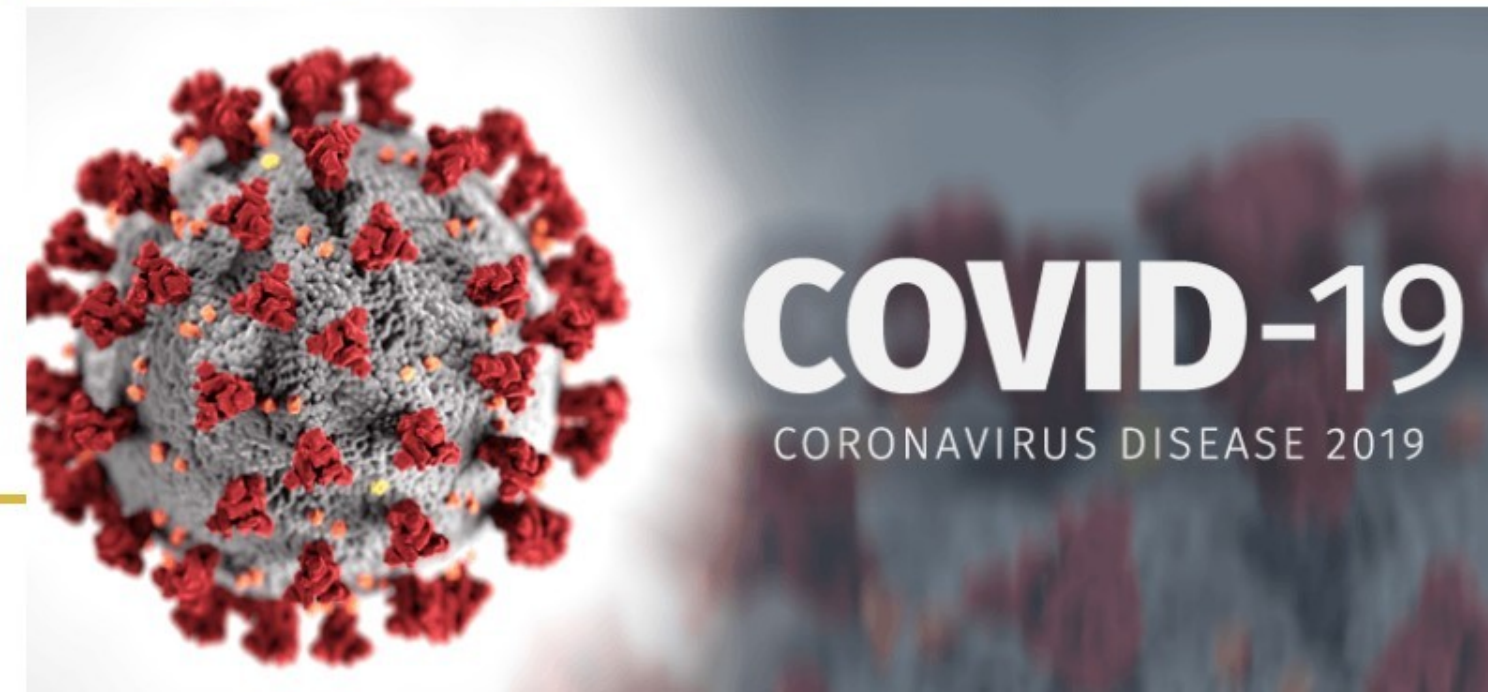


CoVID19 Risks on Pregnancy & Breast Feeding

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#COVID19 #LEBANON #HEALTHNERDS

#خليك_بالبيت





What are the risks of contracting CoVID19 during pregnancy?

Generally, pregnant women do not appear to have a greater chance of getting sick from COVID-19 than the general public, nor to get a more severe illness if infected with coronavirus. It is expected the large majority of pregnant women will experience only mild or moderate cold/flu like symptoms.





What extra precautions should a pregnant woman take to protect herself?

CoVID19 is a new virus, more info emerges about it every day. As such, it is cautious that pregnant women take extra care in protecting themselves from catching the virus.

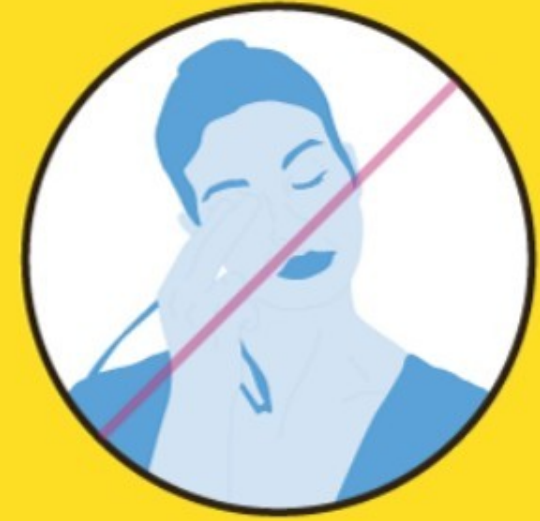
The most important thing to do is to wash/disinfect your hands regularly and effectively.

Avoid contact with sick people.

**Wash your
hands for
20 secs**



**Use a
tissue for
coughs**



**Avoid
touching
your face**



What happens if a pregnant woman catches CoVID19? Does she transmit it to the fetus?

- Two cases of possible vertical transmission have been reported. In both cases, it remains unclear whether transmission was prior to or soon after birth. Another recent report from China of four women with coronavirus infection when they gave birth found no evidence of the infection in their newborn babies.
- Expert opinion is that the fetus is unlikely to be exposed during pregnancy, and it's unlikely that the virus would cause abnormalities in the baby.






Should a mother who tested positive for CoVD29 breast feed?


- At the moment there is no evidence that the virus can be carried in breastmilk. The various benefits of breastfeeding outweigh any potential risks of transmission of coronavirus through breastmilk.
- The main risk of breastfeeding is close contact between mother & baby, as it carries the risk of sharing infective airborne droplets, leading to infection of the baby after birth.

BENEFITS OF BREASTFEEDING


For Mom



Mothers who are breastfeeding burn extra calories each day, helping them return to their pre-pregnancy weight quicker.




Women who breastfeed have lower rates of developing breast and ovarian cancer.




Reduces the risk of postpartum depression and creates a unique bonding experience for mom and baby.

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For Baby


Breast milk is rich in nutrients and the perfect natural food for babies. Breastfed babies are also less likely to become obese.



Antibodies in breast milk help babies fight off viruses and bacteria, while protecting them from various infections.



Children who were breastfed as babies have lower risks of developing ear infections, respiratory infections, allergies, and diabetes.





What precautions should be taken during breast feeding?

- Washing hands before touching the baby, breast pump or bottles
- Avoiding coughing or sneezing on the baby while feeding at the breast
- Wearing a face mask while breastfeeding
- Follow recommendations for pump cleaning after each use
- Considering asking someone who is well to feed expressed breast milk to the baby.





Safe Storage of Expressed Breast Milk

- Wash your hands well with soap and water, or use alcohol-based hand sanitizer that contains at least 60% alcohol.
- Use breast milk storage bags or clean food-grade containers with tight fitting lids made of glass or plastic to store expressed breast milk.
- Never store breast milk in disposable bottle liners or plastic bags that are not intended for storing breast milk.
- Freshly expressed or pumped milk can be stored:
 - At room temperature (25°C or colder) for up to 4 hours.
 - In the refrigerator for up to 4 days.
 - In the freezer for about 6 months is best; up to 12 months is acceptable





How to sterilize baby feeding equipment

Before sterilizing:

- Clean bottles, teats and other feeding equipment in hot, soapy water as soon as possible after feeds. Use a clean bottle brush to clean bottles (only use this brush for cleaning bottles), and a small teat brush to clean the inside of teats.
- You can put your baby's feeding equipment in the dishwasher. Note that the dishwasher will clean it but it **does not** sterilize.
- Rinse all your equipment in clean, cold running water before sterilizing.



Cold water sterilizing solution

- Follow the manufacturer's instructions.
- Leave feeding equipment in the sterilizing solution for at least 30 minutes.
- Change the sterilizing solution **every 24 hours.**
- Make sure there are no air bubbles trapped in the bottles or teats when putting them in the sterilizing solution.
- Your sterilizer should have a floating cover or a plunger to keep all the equipment under the solution.





Steam sterilizing (electric sterilizer or microwave)

- It's important to follow the manufacturer's instructions, as there are several different types of sterilizers.
- Make sure the openings of the bottles and teats are facing downwards in the sterilizer.
- Manufacturers will give guidelines on how long you can leave equipment in the sterilizer before it needs to be sterilized again.





Sterilizing by boiling

- Make sure the items you want to sterilise in this way are safe to boil.
- Boil the feeding equipment in a large pan of water for at least 10 minutes, making sure it all stays under the surface.
- Set a timer so you do not forget to turn the heat off.
- Remember that teats tend to get damaged faster with this method. Regularly check that teats and bottles are not torn, cracked or damaged.





After sterilization is done

- Leave bottles and teats in the sterilizer or pan until you need them.
- If you do take them out, put the teats and lids on the bottles straightaway.
- Wash and dry your hands before handling sterilized equipment. Better still, use some sterile tongs.
- Assemble the bottles on a clean, disinfected surface or the upturned lid of the sterilizer.
- Store in a clean, protected, sealed container within a closed cabinet to avoid dirt, dust, and any potential hazard such as infected respiratory droplets



References:

[cdc.gov](https://www.cdc.gov)

www.nhs.uk

royal college of obstetricians and gyneacologists