

Supporting mothers to breastfeed during COVID-19 – evidence and practice

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Webinar on Covid-19 and Breastfeeding

19th June, 2020

Why breastfeeding during the Covid-19 pandemic is important?

Antimicrobial factors	Secretory IgA, IgM, IgG, Oligosachharides, Lysozyme, Leucocytes
Cytokines & anti-inflammatory factors	Interleukins, Prostaglandins, TNF

Ann Prentice. Constituents of human milk.
<http://archive.unu.edu/unupress/food/8F174e/8F174E04.htm>



Evidence of a significant secretory-IgA-dominant SARS-CoV-2 immune response in human milk following recovery from COVID-19

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Does the Covid-19 virus transmit through breastmilk?


Germany - Groß R, Conzelmann C, Müller JA, et al. Detection of SARS-CoV-2 in human breastmilk. *Lancet*. 2020;395 (10239):1757-1758. doi:10.1016/S0140-6736(20)31181-8

Australia - Tam PCK, Ly KM, Kernich ML, et al. Detectable severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) in human breast milk of a mildly symptomatic patient with coronavirus disease 2019 (COVID-19) [published online ahead of print, 2020 May 30]. *Clin Infect Dis*. 2020;ciaa673. doi:10.1093/cid/ciaa673


Italy - Costa S, Posteraro B, Marchetti S, et al. Excretion of SARS-CoV-2 in human breast milk [published online ahead of print, 2020 Jun 2]. *Clin Microbiol Infect*. 2020;S1198-743X(20)30304-9. doi:10.1016/j.cmi.2020.05.027

- Wu Y, Liu C, Dong L, et al. *BJOG* 2020 May 5. doi: 10.1111/1471-0528.16276.
- Lang GJ, Zhao H. *J Zhejiang Univ Sci B*. 2020 May;21(5):405-407. doi:10.1631/jzus.B2000095
- Buonsenso D, Costa S, Sanguinetti M et al. 2020 May 2]. *Am J Perinatol*. 2020; doi:10.1055/s-0040-1710541
- Lackey KA, Pace RM, Williams JE, et al. 2020 May 30]. *Matern Child Nutr*. 2020;e13032. doi:10.1111/mcn.13032

WHO and UNICEF recommendations



FREQUENTLY ASKED QUESTIONS:
Breastfeeding and COVID-19
For health care workers
(12 May 2020)



Preface
This FAQ complements the WHO interim guidance: Clinical management of severe acute respiratory infection (SARI) when COVID-19 disease is suspected (13 March 2020) and provides responses to questions that have arisen about the recommendations.

The interim guidance and FAQ refer to:

- i. the available evidence regarding transmission risks of COVID-19 through breastmilk,
- ii. the protective effects of breastfeeding and skin-to-skin contact, and,
- iii. the harmful effects of inappropriate use of infant formula milk.

The FAQ also draws on other WHO recommendations on Infant and Young Child Feeding and the Interagency Working Group Operational Guidance on Infant and Young Child Feeding in Emergencies. A decision tree shows how these recommendations may be implemented by health workers in maternity services and community settings, as part of daily work with mothers and families.

www.who.int/news-room/qa-detail/qa-on-covid-19-and-breastfeeding



INFANT & YOUNG CHILD FEEDING IN THE CONTEXT OF COVID-19

Brief No. 2 (v1)
(March 20th, 2020)

- Standard/recommended infant feeding practices
- Infection protection and control (IPC)
- Expressed breastmilk/donor human milk/wetnursing/re-lactation/BMS
- Rooming-in

Clinical management of COVID-19

Interim guidance
27 May 2020



World Health Organization

Covid-19 suspected or confirmed mothers – Breastfeeding at birth

- Mothers should be supported at birth to practice:
 - Skin-to-Skin contact
 - Initiation of breastfeeding within one hour of birth
 - Rooming-in
 - Breastfeed exclusively
- Appropriate Infection Prevention and Control (IPC) measures



Institutions should develop and communicate the SOPs for breastfeeding to all care givers, mothers and families.

Covid-19 suspected or confirmed mothers – Breastfeeding infants and young children

Infants < 6 months

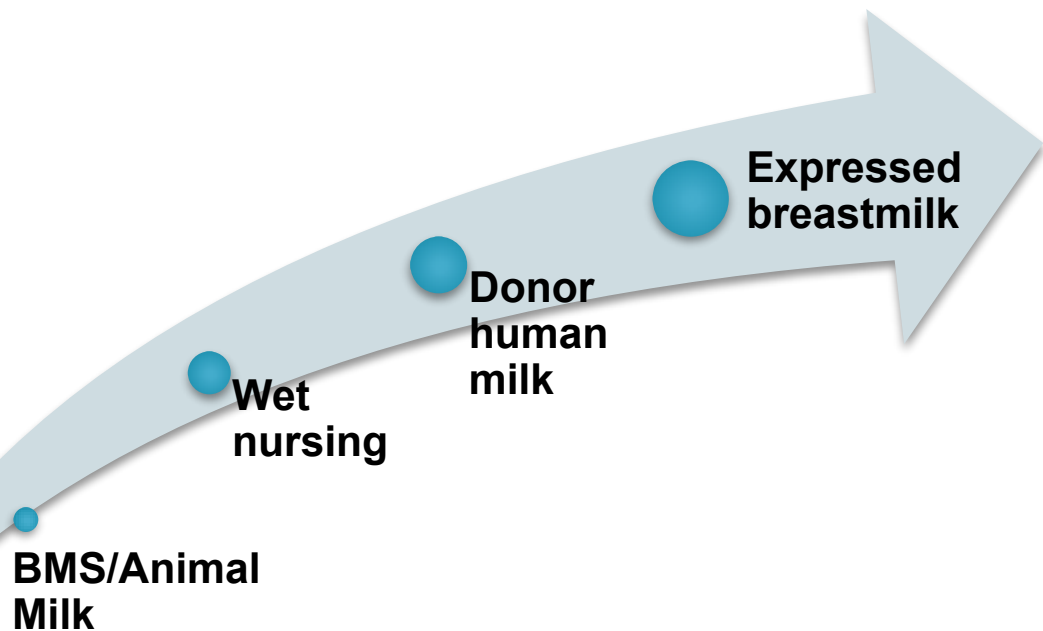
- Exclusive breastfeeding

Infants and young children > 6 months up to 2 years of age and beyond

- Continue breastfeeding
- Appropriate complementary foods

- Infection Prevention and Control measures
- Logistic support
- Counselling and skilled support

What to do if breastfeeding is not possible due to mother's sickness



Infection Prevention and Control (IPC) measures by Covid -19 suspected or confirmed mother

- Hand Hygiene: Wash hands with soap and water or use alcohol-based hand rub, especially before touching the baby
- Wear a medical mask
- Respiratory hygiene:
 - Use a tissue for sneeze and cough
 - Dispose the tissue in a closed bin
 - Hand hygiene
- Clean and disinfect surfaces



Key Messages

- Covid-19 virus is not transmitted in breastmilk
- All mothers irrespective of their Covid-19 status should be supported to practice optimal breastfeeding
- Covid-19 suspected or confirmed mother and her baby should not be separated unless required due to sickness
- Covid-19 suspected or confirmed mothers should observe appropriate IPC measures

If mother is too sick to breastfeed, best options are expressed breastmilk followed by donor human milk

Thanks!!!