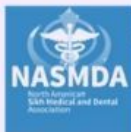




ਸਿੱਖ ਫੈਮਲੀ ਸੈਂਟਰ
SikhFamilyCenter.org

Translation and Seva by: Sikh Healthcare & Wellness Team
Supported by



Guidance from The WHO

#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



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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.



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If a women 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



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Before, during and after childbirth, all women have the right to high quality care. This includes:



Antenatal and
intrapartum



Newborn



Postnatal



Mental health



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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



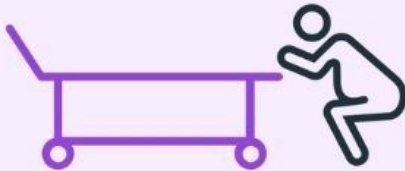
A companion of choice



Clear communication by maternity staff



Pain relief strategies



Mobility in labour where possible and birth position of choice



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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.



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