



Webinar

COVID-19 Risk Communication and Community Engagement... Reimagining SBCC

15 May 2020

PANEL 2

COVID-sensitive RCCE: Ensuring services and care for children and women

Panelists

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COVID Sensitive SBCC Health

- Special attention care to children, pregnant mothers and elderly
- Follow Respiratory etiquette
- Stay at home, avoid crowded places, use mask, follow physical distancing
- Seek medical treatment immediately if your child/family member has cough, difficulty in breathing, fever
- Knowledge of danger signs and management of Diarrhoea & Pneumonia
- Intake of IFA tablets
- Follow RI schedule
- Be in touch with your nearest ASHA/ANM and AWW in case you require any medical support.



COVID Sensitive SBCC Nutrition

Key Message:

- With required respiratory hygiene and precautions for infection prevention
 - **Continue to breastfeed** young children
 - For baby's **rapid growth and brain development**, on completion of 6 months, **start complementary food** along with breast milk.
- Ensure **pregnant women get proper nutrition** through 3 main meals and 2 snacks
- Use the **Take Home Ration** from the Anganwadi centers for feeding children and pregnant women
- Avail **health and nutrition services**
- Eat **fresh, cooked food** including local fruits and vegetable and at least 8 glasses of water daily.



FREQUENTLY ASKED QUESTIONS:

Breastfeeding and COVID-19
For health care workers

(7 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 - [www.who.int/publications-detail/clinical-management-of-severe-acute-respiratory-infection-when-novel-coronavirus-\(ncov\)-infection-is-suspected](http://www.who.int/publications-detail/clinical-management-of-severe-acute-respiratory-infection-when-novel-coronavirus-(ncov)-infection-is-suspected)) and provides responses to questions that have arisen about the recommendations.

The interim guidance and FAQ reflect:

- the available evidence regarding transmission risks of COVID-19 through breastmilk;
- the protective effects of breastfeeding and skin-to-skin contact, and,
- 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/q-a-detail/q-a-on-covid-19-and-breastfeeding

1. Can COVID-19 be passed through breastfeeding?

Active COVID-19 (virus that can cause infection) has not, to date, been detected in the breastmilk of any mother with confirmed/suspected COVID-19. It appears unlikely, therefore, that COVID-19 would be transmitted through breastfeeding or by giving breastmilk that has been expressed by a mother who is confirmed/suspected to have COVID-19. Researchers continue to test breastmilk from mothers with confirmed/suspected COVID-19.

2. In communities where COVID-19 is prevalent, should mothers breastfeed?

Yes. In all socio-economic settings, breastfeeding improves survival and provides lifelong health and development advantages to newborns and infants. Breastfeeding also improves the health of mothers. In contrast, transmission of COVID-19 through breastmilk and breastfeeding has not been detected. There is no reason to avoid or stop breastfeeding.

3. Following delivery, should a baby still be immediately placed skin-to-skin and breastfed if the mother is confirmed/suspected to have COVID-19?

Yes. Immediate and continued skin-to-skin care, including kangaroo mother care, improves thermal

regulation of newborns and several other physiological outcomes, and is associated with reduced neonatal mortality. Placing the newborn close to the mother also enables early initiation of breastfeeding which also reduces neonatal mortality.

The numerous benefits of skin-to-skin contact and breastfeeding substantially outweigh the potential risks of transmission and illness associated with COVID-19.

4. If a mother is confirmed/suspected to have COVID-19, should she continue breastfeeding?

Yes. High quality evidence shows that breastfeeding reduces neonatal, infant and child mortality including in high resource settings and improves lifelong health and development in all geographies and economic settings.

The transmission of COVID-19 through breastmilk and breastfeeding has not been detected. Among the few cases of confirmed COVID-19 infection in children from other sources, most have experienced only mild or asymptomatic illness.

While breastfeeding, a mother should still implement appropriate hygiene measures, including wearing a medical mask if available, to reduce the possibility of droplets with COVID-19 being spread to her infant.



Frequently Asked Questions: Breastfeeding and COVID-19 For health care workers | www.who.int/news-room/q-a-detail/q-a-on-covid-19-and-breastfeeding

INFANT AND YOUNG CHILD FEEDING DURING COVID-19

Start to breastfeed the child within one hour of birth and exclusively breastfeed for 6 months

- Breastfeeding protects newborns from getting sick
- Breastfeeding helps to protect newborns throughout their infancy and childhood

Breastfeeding is particularly effective against infectious diseases as it strengthens the immune system of a child by directly transferring antibodies from the mother

CONTINUE BREASTFEEDING WITH PRECAUTIONS TO PROTECT FROM INFECTIONS!

If breastfeeding mother has symptoms like fever, cough or difficulty in breathing she should:

Seek early medical care

Cover your nose and mouth with handkerchief/tissue while sneezing and coughing. Throw used tissue in a closed bin immediately after use

Follow instructions of the healthcare provider

Wash hands for at least 40 seconds with soap and water after coughing and sneezing, before and after contact with the child including feeding

Use a mask when near the child

Routinely clean/disinfect any surface she has touched by cleaning with soap or alcohol based sanitizer

If mother is too ill to breastfeed, she can express her milk in a properly cleaned container and feed it to the child with a clean cup or spoon

Before expressing milk

- Wash hands for 40 seconds with soap and water
- Properly clean the cup or container for expressed milk with soap and water

While feeding expressed milk

- Wear a mask
- Feed expressed milk with a properly cleaned cup or spoon

If mother is too sick to breastfeed or express breastmilk, she should explore the possibility of:

- **Relactation** (restarting breastfeeding after a gap)
- **Using donor human milk** (Available at Comprehensive Lactation Management Centre)

If the infant or young child becomes sick with suspected, probable, or confirmed COVID-19 or any other illness, mothers should continue breastfeeding

For baby's rapid growth and brain development, on completion of 6 months caregivers should start complementary food along with breast milk. They should:

1. Wash hands for 40 seconds with soap and water before cooking, feeding and eating.
2. Wash child's hands for 40 seconds with soap and water before feeding.
3. Cover your nose and mouth with handkerchief/tissue while sneezing and coughing. Throw used tissue in a closed bin immediately after use.
4. Wear a mask while feeding, if they have cough or cold.
5. Clean the food preparation area with soap and water.
6. Feed the child from a separate bowl.
7. Use a properly cleaned bowl and spoon to feed the child.

8. Make child's every bite count by feeding the child a variety of food, such as pulses, milk and milk products, yellow, orange and green vegetables and fruits.
9. If fresh foods are not available due to lockdown, identify healthy food options, limit highly processed foods that are typically high in saturated fat, sugars and salt, and avoid sugary drinks.
10. Feed children usual amount of food and take more often. Monitor illness and increase the amount of food after illness and also the illustration and the box of age appropriate food.

At 6 Months: 2-3 spoons per meal, 2-3 times a day
Up to 7 months: add a spoon per meal, 2-3 times a day and one healthy snack
From 12 months: 3/4 spoon per meal, 2-4 times a day and one healthy snack
Up to 2 years: 1 spoon per meal, 2-4 times a day and one healthy snack

Delay in introduction of complementary foods affects the child's physical and brain growth and increases the risk of undernutrition

Whether or not the mother or infant has suspected, probable, or confirmed COVID-19, Health Facility Staff must ensure:

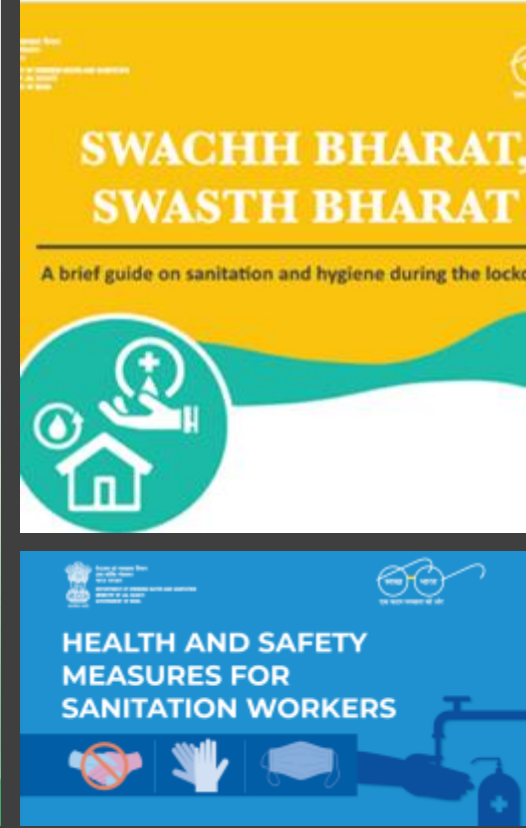
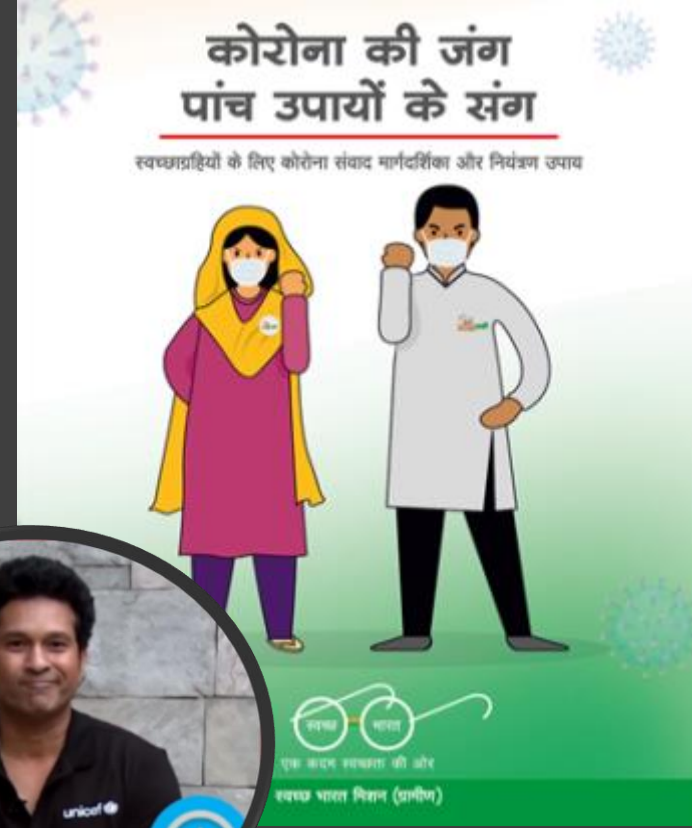
- Infant should be fed according to standard infant and young child feeding guidelines, keeping in mind the necessary hygiene precautions
- Breastfeeding counseling, basic psychosocial support and practical feeding support to all pregnant women and mothers with infants and young children
- Mother and infant should remain together, and practice skin-to-skin contact especially, straight after birth to establish breastfeeding
- Not to promote breast milk substitutes, feeding bottles, teats, pacifiers or dummies in any part of your facilities, or by any of your staff

Stay protected! Stay safe from Novel Coronavirus!

[http://www.nceardladyirwin.in/Covid19 Nutrition.aspx](http://www.nceardladyirwin.in/Covid19_Nutrition.aspx)

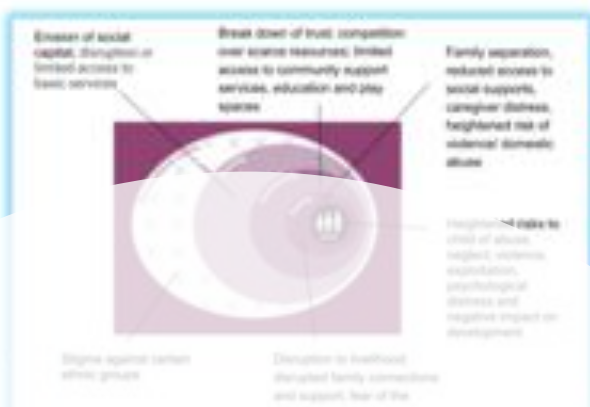
COVID Sensitive SBCC WASH

- **Handwashing with Soap**
- Sustained toilet use by everyone at all times
- Safe disposal of child feces
- Regular maintenance of toilets (HH & Public)
- Safe storage and handling of drinking water
- No spitting in the open/public places
- MHM and safe disposal
- Safe disposal of solid and liquid waste
- Social distancing during toilet construction, maintenance & at water points
- WASH in institutions – Schools, AWC, Health centers
- Safety of water and sanitation workers



Key Child Protection concerns

- Stress and anxiety
- Increase in cases of violence
- Increase family separation
- Child labour, trafficking due to loss of livelihood



PSYCHOLOGICAL TIPS



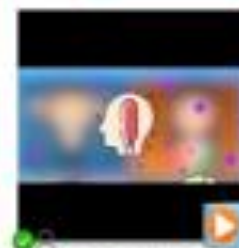
COVID Sensitive SBCC- Child Protection

Key Message:

1. Recognise & say **NO to violence** against women and children
2. Avail **mental health and psycho-social support** services especially [Toward a Disability-Inclusive COVID19 Response](#)
3. Be a **positive role model** and avoid stigma & discrimination
4. **Engage** Adolescent/youths with messages on hand washing, social distancing, myths- misconception, stigma and psychosocial counselling
5. Ensure **Parental guidance/advisory** to stay safe online and follow internet hygiene during COVID-19
6. Refer Children and women to **CHILDLINE 1098 and 1091 helpline services**



MANAGING STRESS



UNHCR_STIGMATIZATION_CLEAN

UNHCR_STIGMATIZATION_CLEAN

UNHCR_STIGMATIZATION_ROHIN

S&D FILMS

COVID Sensitive SBCC Responsive Parenting and Continuing Education

Talk about COVID -19

Spend quality time together

Maintain a structure for the day

Appreciate the child, maintain harmony

Manage Challenging Behavior

Keep Calm, Manage Stress and Anger

Keep Children Safe Online

Play

Provide infrastructure for learning



PROVIDE infrastructure (phone/radio/TV), dedicated time and space

APPRECIATE school work, help with housework, creativity

ENSURE SAFETY – an abuse free, violence free home environment, safe space online

CREATE TOGETHER by reading, story writing, drawing, painting, making things out of waste materials, etc

KEEP TRACK - Make a routine, check on achievements of the day



Thank you