

# CORONAVIRUS and Breastfeeding

## Breastfeeding during the coronavirus pandemic is safe!

- › Breastmilk provides optimal nutrition for babies.
- › Breastfeeding begins right after birth, with skin to skin contact.
- › It is best if mother and baby are in the same room while they are at the hospital.

Breastmilk protects a baby's health and strengthens its immunity.

**Every drop is important.**



FIND  
BREASTFEED-  
ING SUPPORT AND  
INFORMATION AT  
[www.roda.hr](http://www.roda.hr)

## IF YOU HAVE, OR THINK you might have coronavirus

Coronavirus is **not transmitted from an infected mother** to baby through breastmilk.

**You should stay** with your baby in hospital 24 hours a day.

**Wash your hands thoroughly** before breastfeeding or holding your baby

**Wear a mask** while breastfeeding or caring for your baby.

**Skin to skin contact** boosts baby's immunity and protects it from disease, no matter how it is fed.

Babies and young children **should never wear masks**.

If you are too sick to breastfeed or express milk, **once you are feeling better seek advice to start breastfeeding again**.

**BREASTFEEDING IS EVEN  
MORE IMPORTANT IF YOUR  
BABY HAS CORONAVIRUS**

If you would like to donate breastmilk, contact the Human Milk Bank at KBC Zagreb at 01 4604 715 or e-mail [banka.mlijeka@kbc-zagreb.hr](mailto:banka.mlijeka@kbc-zagreb.hr)

The information in this infographic reflect evidence available in in October 2020.