

eFile No. NHMHP-CH0MAA/1/2019- CH Section- Part 1- 11910 - 20937
National Health Mission
SDA complex, Kasumpti, Shimla
Himachal Pradesh

To

All the Chief Medical Officers
In Himachal Pradesh

All the Medical Superintendents of
Medical Colleges/ District Hospitals
and Civil Hospitals in Himachal Pradesh



Dated the Shimla-9


Subject: Regarding Breastfeeding of newborns and young Infants at community and facility level amid Ongoing COVID - 19 Pandemic.

Sir,

This is in continuation to this office letter of even number dated 31.7.2020 regarding promotion and observation of breastfeeding week. In this regard Gol has informed that newborns/infants are being separated from mother during COVID and in post COVID rehabilitation. In this regard it is reiterated that the National and International public health guidelines are in agreement that breastfeeding should be continued with due precautions taken, as it is unlikely that the virus can be transmitted by breast milk of mother confirmed/suspected to have COVID-19.

Guidance note and Decision tree(English and Hindi) is being enclosed herewith for promotion of breastfeeding irrespective of mothers COVID Status. You are requested to disseminate the same till the grass root level, health facilities.




31/6/21
Dy. Mission Director
National Health Mission
Himachal Pradesh.
Dated, Shimla-9, the

Endt No. as above
Copy forwarded to:

1. The Secretary (Health) to Govt. of HP for kind information please.
2. To the Addl. Commissioner (CH & I/C - Nutrition), MoHFW, Room No. 431 C, Nirman Bhawan, Maulana Azad Road New Delhi-110011
3. The Director Health Services for kind information please.
4. The Director WCD, Deptt. of WCD, Cedar Home, Brentwood Estate, Near Himland for kind information and necessary action please.


26/6/21
Deputy Mission Director
National Health Mission
H.P. Shimla-171009

Dy. Mission Director
National Health Mission
Himachal Pradesh.

Guidance note on Breastfeeding amid of COVID-19 pandemic :

1. Support mother to breastfeed:
 - a. For newborns initiate breastfeeding within first hour after delivery and practice skin to skin care as soon as possible.
 - b. For infants <6 months –support exclusive breastfeeding
2. If mother is suspected/ confirmed COVID-19 –
 - a. Mother should wear a medical mask during breastfeeding
 - b. Chest should be washed if she has been coughing on it. Breast does not need to be washed before every feeding.
 - c. In case mother is unable to breastfeed then feed mothers expressed milk to the baby and later revert to direct breastfeeding when mother is well enough to breastfeed.
 - d. Assist mother with re-lactation when she is well enough to breastfeed
3. Advice mother to:
 - a. Wash Hands frequently with soap and water (at least for 40 sec) or use alcohol-based hand rub (at least for 20 sec.) before touching the baby.
 - b. Regularly clean and disinfect surfaces that she has touched.

Mother and Baby to be nursed together as far as possible and breastfeeding to be initiated within 1 hour of delivery, irrespective of COVID status.

Do not separate mother and baby

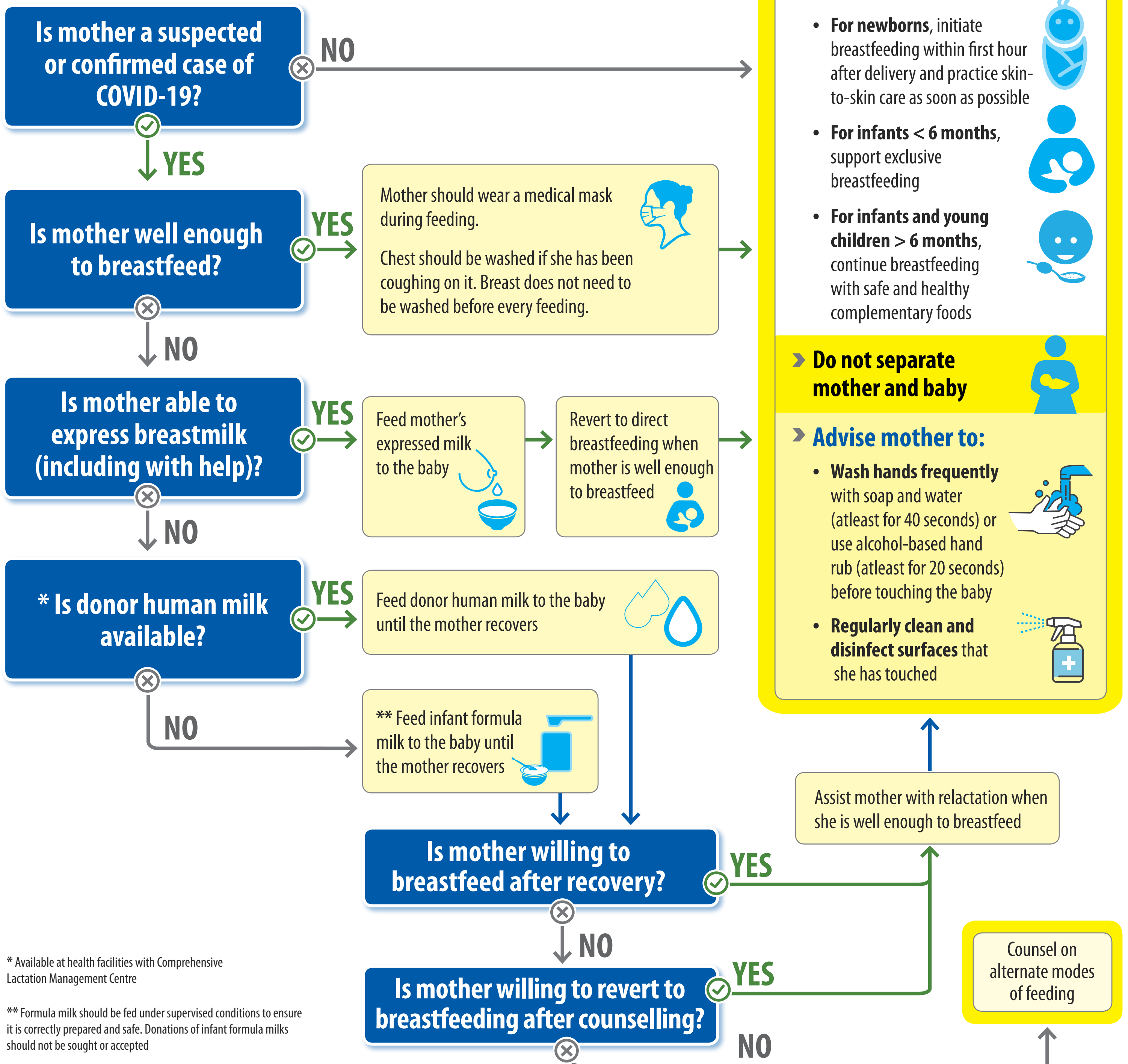


Decision Tree

for breastfeeding in context of COVID-19: **Guidance for health care workers in facility and community settings**



Breastfeeding should be promoted irrespective of mother's COVID status. It improves survival and provides lifelong health and development advantages to newborns and infants. Breastfeeding also improves the health of mothers.



* Available at health facilities with Comprehensive Lactation Management Centre

** Formula milk should be fed under supervised conditions to ensure it is correctly prepared and safe. Donations of infant formula milks should not be sought or accepted



स्वास्थ्य एवं परिवार कल्याण मंत्रालय
भारत सरकार



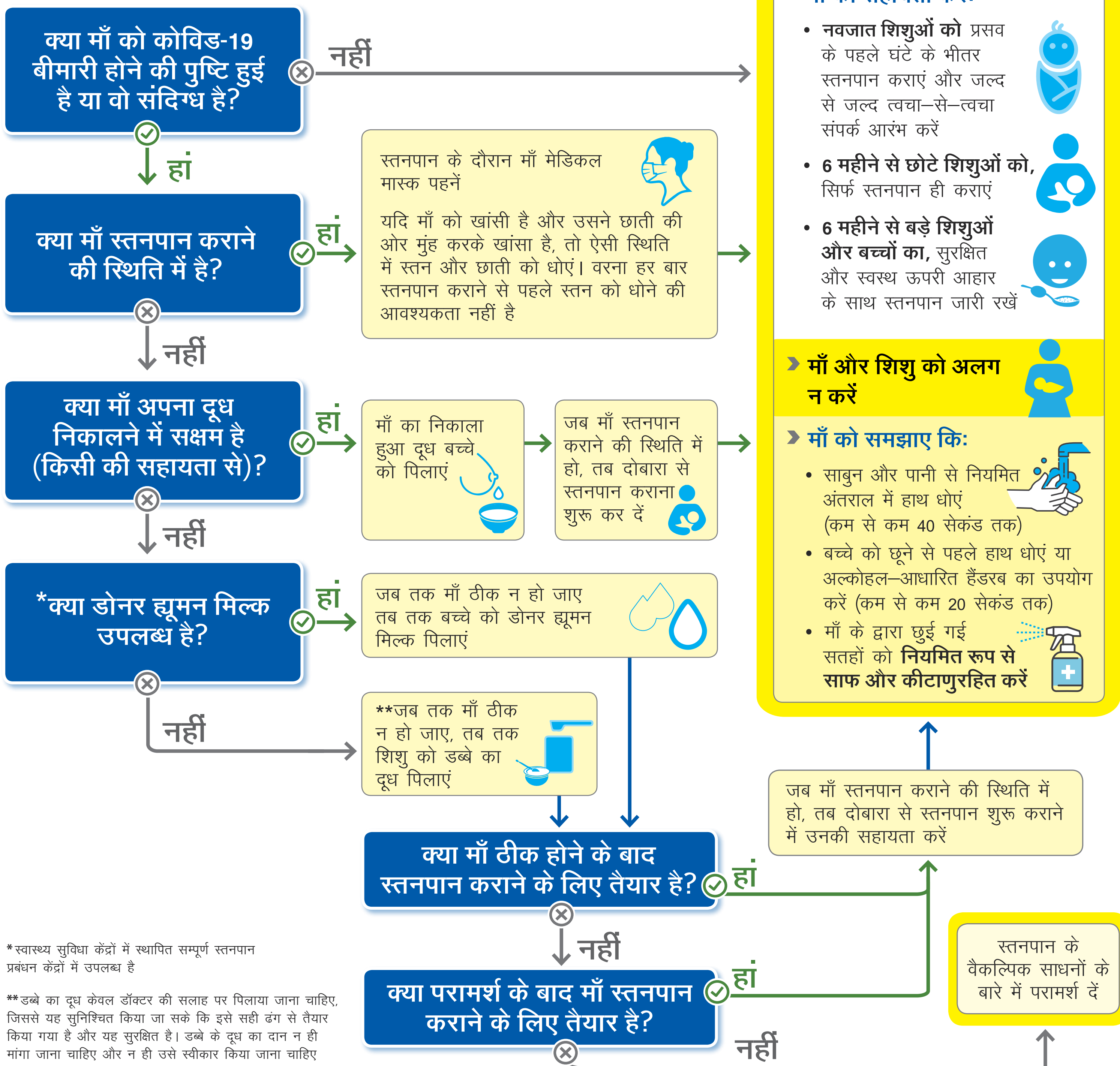
बचें और
बचाएँ

स्तनपान मार्गदर्शिका

कोविड-19 के संदर्भ में स्वास्थ्य सुविधा केंद्र एवं सामुदायिक स्वास्थ्य कार्यकर्ताओं के लिए स्तनपान मार्गदर्शिका



माँ को कोविड -19 होने पर भी, स्तनपान जारी रखने के लिए प्रोत्साहित करना चाहिए। माँ का दूध नवजात के जीवन को बेहतर बनाता है और जीवनभर उसके अच्छे स्वास्थ्य और सही शारीरिक व मानसिक विकास में मदद करता है। स्तनपान कराने से माँ के स्वास्थ्य में भी सुधार होता है



* स्वास्थ्य सुविधा केंद्रों में स्थापित सम्पूर्ण स्तनपान प्रबंधन केंद्रों में उपलब्ध है

** डब्बे का दूध केवल डॉक्टर की सलाह पर पिलाया जाना चाहिए, जिससे यह सुनिश्चित किया जा सके कि इसे सही ढंग से तैयार किया गया है और यह सुरक्षित है। डब्बे के दूध का दान न ही मांगा जाना चाहिए और न ही उसे स्वीकार किया जाना चाहिए