

wearing a facemask and practising hand hygiene before feeding the baby. In addition, it is advisable that breast pumps are cleaned properly after each use and, if possible, a healthy individual is available to feed the expressed breast milk to the infant.⁴²

7.2 Children and elderly population

On the basis of the available reports, COVID-19 among children accounted for 1-5% of the confirmed cases, and this population does not seem to be at higher risk for the disease than adults. There is no difference in the COVID-19 symptoms between adults and children. However, the available evidence indicated that children diagnosed with COVID-19 have milder symptoms than the adults, with a low mortality rate.^{48, 49} On the contrary, older people who are above the age of 65 years are at higher risk for a severe course of disease. In the United States, approximately 31-59% of those with confirmed COVID-19 between the ages of 65 and 84 years old required hospitalization, 11-31% of them required admission to the intensive care unit, and 4-11% died.⁵⁰