

Time	Narration
00:02	Welcome to the spoken tutorial on breastfeeding during COVID-19 .
00:09	In this tutorial, we will learn
00:12	What is COVID-19 and
00:14	Guidelines for breastfeeding during COVID-19 .
00:19	Let us first understand what is COVID-19 ?
00:24	COVID-19 is an infectious disease caused by a virus called coronavirus.
00:33	This virus has spread throughout the world.
00:37	When infected people sneeze or cough, they generate droplets.
00:44	These droplets contain the corona virus.
00:49	The infection spreads when other people inhale these infected droplets.
00:56	These droplets can also travel for 1 to 2 metres and settle on surfaces.
01:04	There they remain alive for hours or days.
01:09	Other people touch such infected surfaces with their hands.
01:15	Then, they touch their eyes,
01:18	nose or mouth without washing their hands.
01:23	This is another way in which the infection spreads.
01:28	Infected people can spread the virus even before the onset of symptoms.
01:35	There is no clear evidence of intrauterine transmission of this virus to date.
01:43	This virus has not yet been detected in the breastmilk of infected mothers.
01:51	There is no evidence so far that it is transmitted through breastfeeding.
01:57	The clinical symptoms of the coronavirus infection are various.
02:03	Fever, cough,
02:05	breathlessness, fatigue,
02:07	headache, sore throat are common.
02:12	Vomiting, diarrhoea,
02:14	sneezing and conjunctivitis are uncommon.

02:19	Infected people can also show no symptoms.
02:25	Newborns and infants are at low risk of COVID-19 .
02:30	There are only a few cases of confirmed COVID-19 in young children.
02:37	Most of the infected babies have experienced only mild or no symptoms.
02:44	Now, let's discuss the guidelines for breastfeeding during COVID-19 .
02:51	Breast milk is essential for all babies.
02:56	This includes babies born to mothers with suspected or confirmed COVID-19 .
03:03	This also includes babies with suspected or confirmed COVID-19 .
03:10	All babies should be fed according to the standard infant feeding guidelines.
03:17	Breastfeeding should be initiated within 1 hour of birth.
03:22	Exclusive breastfeeding should continue for 6 months.
03:28	If needed, the mother's expressed breast milk can be given.
03:34	Complementary feeding must be started at 6 months of age.
03:40	Breast milk must be fed at least up to 2 years of age.
03:46	Breastfeeding, expressing milk and complementary feeding are essential skills.
03:54	They are discussed in other tutorials.
03:59	Please watch the prerequisite health and nutrition series on our website.
04:06	During COVID-19 , special care must be taken to feed the baby hygienically.
04:13	Mother should wash her hands for 20 seconds, before and after touching the baby.
04:21	She should also wash hands before and after breastfeeding or expressing milk.
04:28	An alcohol-based hand rub can also be used to clean hands.
04:34	If she is a suspected or confirmed case of COVID-19 , medical masks are needed.
04:43	She should wear a mask during breastfeeding
04:46	and expressing milk.
04:49	The mask must be replaced as soon as it becomes damp.
04:55	The used mask should be disposed of immediately.
05:01	It should not be re-used.
05:04	Mother should not touch the front surface of the mask.
05:09	She should remove it from behind.
05:13	Sometimes, medical masks may not be available.
05:19	In such cases, mother should use a tissue
05:22	or a clean cloth or a handkerchief.
05:27	She should always sneeze or cough into it.
05:31	She must immediately throw it in the dustbin and wash her hands.
05:38	A soiled tissue or cloth
05:40	or handkerchief should be changed as often as needed.
05:46	Cloth masks can also be used if medical masks are not available.
05:53	The mother need not wash her breast before every feeding.

05:58	She should wash them if she has been coughing on her chest.
06:04	She should use soap and warm water to wash them gently for at least 20 seconds.
06:12	Baby's caretakers must wash their hands before and after touching the baby.
06:19	All the surfaces in the room must be routinely cleaned and disinfected.
06:26	Some infected mothers may be too unwell to breastfeed.
06:32	In such cases, the baby should be fed expressed breast milk of the mother.
06:39	A nurse or family member can feed this milk to the baby.
06:45	The feeder should not have been in contact with infected people.
06:51	Before touching the baby or the milk, they must wash their hands for 20 seconds.
06:59	After washing their hands, they must also wear a mask.
07:05	Expressed milk can be fed to the baby without pasteurization.
07:11	The collection and transport of expressed milk should be done very carefully.
07:18	Breastfeeding should be started again when the mother recovers.
07:24	Some infected mothers may be too unwell to express milk.
07:29	In such cases, try other options to nourish the baby.
07:35	Check if human milk is available from a donor human milk bank.
07:41	Feed donor human milk to the baby until the mother recovers.
07:47	If donor human milk is not available, try wet-nursing until the mother recovers.
07:56	Wet-nursing means to let a woman, who isn't the mother, breastfeed the baby.
08:03	If wet-nursing is not possible, feed animal milk to the baby.
08:11	Always boil the animal milk before feeding it to the baby.
08:16	Please ask your healthcare provider for their opinion on these options.
08:23	Don't use formula milk,
08:25	feeding bottles
08:27	and plastic, rubber or silicone nipples.
08:32	Help the mother to start breastfeeding again when she recovers.
08:38	Another important practice is skin-to-skin contact between the mother and baby.
08:46	It must start immediately after birth even if the mother has COVID-19 .
08:53	This will help in initiating breastfeeding.
08:58	Kangaroo mother care should be performed throughout the day and night.
09:04	Breastfeeding and skin-to-skin contact reduces the risk of death in babies.
09:12	They provide immediate and lifelong health and development advantages.
09:20	Breastfeeding also reduces the risk of breast and ovarian cancer for mothers.
09:27	These benefits are substantially greater than the risks of getting infected.
09:34	Lastly, mother and family members must be counselled regarding the warning signs.
09:42	They must be trained to look for the warning signs in the baby.
09:48	If they see any signs, they should report back to the doctor.
09:54	The guidelines in this tutorial are based on limited evidence as available now.
10:01	As new evidence accumulates, some of the recommendations may change.
10:08	Please use these guidelines in accordance with the latest government regulations.
10:14	This brings us to the end of this tutorial.

	Thank you for joining.
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