



A healthy world begins with a healthy woman

Child Health and Nutrition during COVID-19 Pandemic



Introduction



- Even before COVID-19 became a global pandemic threatening the health and well-being of the world, an estimated 47 million children under 5 years of age suffered from wasting, which puts them at higher risk of death.
- For children who survive, wasting adversely affects children's body growth, brain development, and school performance. Wasted children are at risk during this pandemic.
- First, they are at risk because of potential disruptions in the nutritional services that keep them alive. Secondly, undernutrition makes them more susceptible to infection. And finally, they are more vulnerable because they rely on parents for daily feeding, care and support.
- If caregivers are sick, quarantined or unable to secure nutritious and safe food and drinking water, children will suffer. Therefore, as the COVID-19 pandemic reaches countries with a high burden of child undernutrition, including those affected by a humanitarian crisis, it is critical to include wasted children in the list of vulnerable groups to COVID-19.
- The COVID-19 pandemic also risks becoming a nutrition crisis, as overburdened healthcare systems, disrupted food systems and income loss prevent children and women from accessing nutritious diets and essential nutrition services, including those for the early detection and treatment of child wasting.

Source: UNICEF <https://www.unicef.org/media/68521/file/Supporting-children%E2%80%99s-nutrition-during-COVID-19-2020.pdf>

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About COVID-19

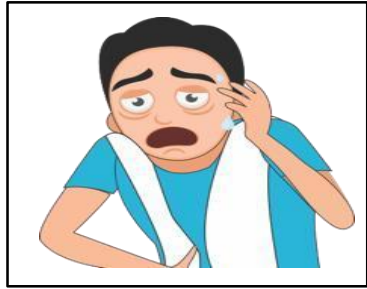


- COVID-19 is an infectious disease, first detected in Wuhan, China
- In India 186514 Active Cases, around 271696 Cured / Discharge, 14894 died due to COVID-19 (As on 25th June 2020)
- Complications of COVID-19 are more frequent in people with co-morbidities

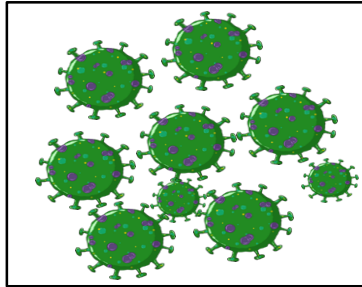
Symptoms of COVID-19 are:

- Fever
- Dry Cough
- Shortness of Breath
- Some patients may also have body aches, nasal congestion runny nose, sore throat or diarrhea, Loss of smell

Modes of Transmission



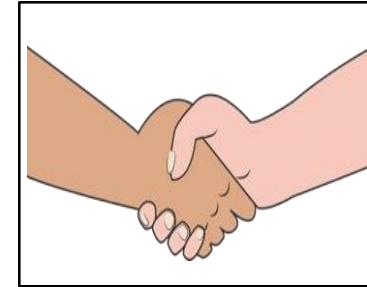
**SNEEZE/COUGH
BY INFECTED
PERSON**



**INFECTED
DROPLETS**



**INFECTED
DROPLETS GET
ON TO YOUR
HANDS**



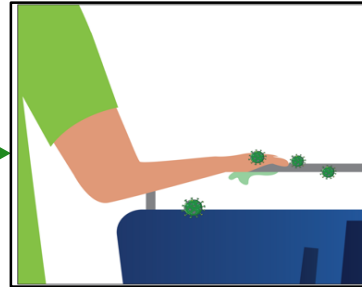
**HANDS WHEN
TOUCH ANY
SURFACE OR
PERSON**



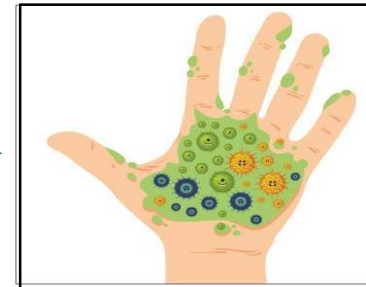
**VIRUS
TRANSFERRED**



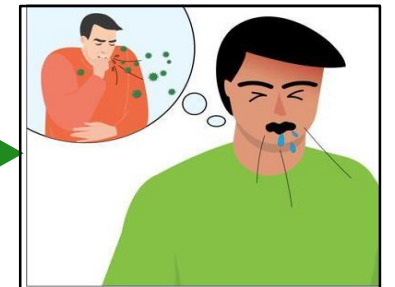
**SNEEZE/COUGH
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**INFECTED
DROPLETS**

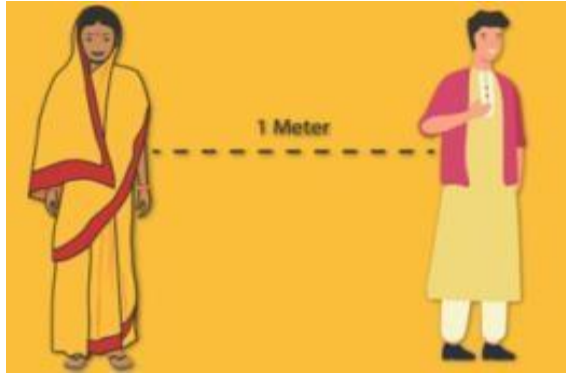


**INFECTED
DROPLETS GET
ON YOUR HAND**



**VIRUS
TRANSFERRED!!**

Preventive Measures



Maintain 6 feet distance – whether the person is known or unknown, ill or perfectly fine



Cover face/mouth/nose when coughing or sneezing. Also, do not touch face/mouth/nose. If you have to, you should first wash your hands for 20 seconds with soap and water and then clean with sanitizer



Repeatedly wash hands

Basic Protective Measures

- Regularly and thoroughly clean your hands with an alcohol based hand rub or wash them with soap and water
- Maintain at least 6 feet for distance between yourself and anyone who is coughing or sneezing
- Avoid touching eyes, nose and mouth
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately
- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority
- Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease

Key Messages on Breastfeeding

- Breastfeeding protects against morbidity and death in the post-neonatal period and throughout infancy and childhood. The protective effect is particularly strong against infectious diseases that are prevented through both direct transfer of antibodies and other anti-infective factors and long-lasting transfer of immunological competence and memory.

Exclusively breastfeed your baby:

- Breastfeeding should be initiated within 1 hour of birth
- Exclusive breastfeeding should continue for 6 months with timely introduction of adequate, safe and properly fed complementary foods at age 6 months, while continuing breastfeeding up to 2 years of age or beyond
- Mothers who are not able to initiate breastfeeding during the first hour after delivery should still be supported to breastfeed as soon as they are able. This may be relevant to mothers who deliver by caesarean section, after an anesthetic, or those who have medical instability that precludes initiation of breastfeeding within the first hour after



Key Messages on Breastfeeding

- As with all confirmed or suspected COVID-19 cases, symptomatic mothers who are breastfeeding or practicing skin-to-skin contact or kangaroo mother care should practice respiratory hygiene, including during feeding (for example, use of a medical mask when near a child if the mother has respiratory symptoms), perform hand hygiene before and after contact with the child, and routinely clean and disinfect surfaces with which the symptomatic mother has been in contact
- If a mother is not able to breast feed, Donor human milk from a human milk bank is ideal
- If mother is COVID positive, breast feeding with due precautions is mandatory. Distance between mother and baby of 6 feet is advocated in between feeds. This is not compulsory as most of the hospitals and households may not have so much space

Exclusively breastfeed your baby If you are suspected COVID positive



- If you have confirmed or suspected COVID-19, use a medical mask when near your child, wash your hands thoroughly with soap or sanitizer before and after contact with your child, and routinely clean and disinfect any surfaces you touch
- If you are severely ill with COVID-19 or suffer from other complications that prevent you from caring for your baby or continuing to breastfeed them directly, express milk to safely provide breastmilk to them
- If you are too unwell to breastfeed or express breastmilk, explore the possibility of relaxation (restarting breastfeeding after a gap), wet nursing (another woman breastfeeding or caring for your child), or using donor human milk. Which approach you use will depend on your cultural context and personal preferences and the services available to you

Key Messages on Infant Young Child Feeding

- Exclusive breast feeding for six months
- Introduce complementary feeding at 6 months and continue breast feeding
- Introduce family food from first year and continue to breast feed up to 2 years



Key Messages on Complementary Feeding

Semisolid preferably calorie dense food prepared by modifying the family food (cereals, pulse, oil seed/ghee, sugar) should be given from 6 months

How much of food how often ?

- 6-8 months: 2-3 times (each at least $\frac{1}{2}$ katori). Try adding well mashed fruit/ vegetable from eight month
- 9-11 months: 3 times (each at least 1 katori). Start adding vegetables/fruits one by one until the infant tastes all habitually consumed ones
- 12-23 months: 3 times (each at least $1\frac{1}{2}$ katori) right from the family meal and two snacks or fruits in between
- Children have small stomachs. If energy density is low, increase frequency of feeds to five

Key Messages on IYCF Key to Infant Survival and Growth



- Nutrition education is the critical intervention. Exclusive breastfeeding for first six months
- Appropriate adequate complementary feeding 3-5 times a day from six months of age
- Continued breastfeeding and feeding family food 4-5 times a day up to 24 months
- Feeding 2-5 year old children 4-6 times a day from family food consisting of cereals, pulses and vegetables
- Advise regarding timely immunisation, measures to prevent infections, appropriate feeding and care during illness and convalescence

Key Messages on Nutrition

Give your child fresh and unprocessed food

- Give your child fruit, vegetables, legumes (e.g. lentils, beans), nuts and whole grains (e.g. unprocessed maize, millet, oats, wheat, brown rice or starchy tubers or roots such as potatoes), and foods from animal sources (e.g. meat, fish, eggs and milk)
- For fruit, toddlers between 2 and 3 years old need about 1 cup of fruit per day. Children between 4 and 13 need 1.5 cups of fruit per day. Girls between 14 and 18 need 1.5 cups of fruit per day, and boys that age need 2 cups
- For vegetables, toddlers between 2 and 3 need about 1 cup of raw or cooked vegetables per day. Children between 4 and 8 need 1.5 cups of vegetables per day. Girls between 9 and 13 need 2 cups of vegetables per day, and boys need 2.5 cups. Girls between 14 and 18 need 2.5 cups of vegetables per day, and boys need 3 cups. Vary vegetable consumption to include leafy greens, brightly colored red and orange vegetables and legumes
- For protein, serve 2–3 portions per day (3 for a vegetarian toddler). Fish should be served at least twice per week and one of these should be oily fish (e.g. salmon, sardines, mackerel or trout). Nuts are considered protein, and they are recommended for children above 5 years old

Key Messages on Nutrition



- For milk, serve 3 portions per day. Children under 2 should have whole milk or yogurt. Those eating well can be given semi-skimmed milk after 2 years. Skimmed or 1% milk is not suitable as a drink for children under 5. Products fortified with vitamin D can make a useful contribution to intakes
- For fruit juice and dried fruit, children under 6 should have no more than half a cup of juice per day – and make sure it is 100% fruit juice, not a juice drink with added sugar. After age 7, keep juice consumption below 355 ml per day. Half a cup of dried fruit is equivalent to a whole cup of regular fruit. Fresh fruit is the best choice
- For snacks, give your child raw vegetables and fresh fruit rather than foods that are high in sugar, fat or salt
- Make sure you do not overcook vegetables and fruit as this can lead to the loss of important vitamins
- If you use canned or dried vegetables and fruit, choose varieties without added salt or sugar
- When cooking and preparing food for your child, limit the amount of salt and high-sodium condiments (e.g. soy sauce and fish sauce)

Source: WHO

Key Messages on Nutrition



Make sure your child drinks enough water every day

- Water is essential for life. It transports nutrients and compounds in blood, regulates the body's temperature, gets rid of waste, and lubricates and cushions joints
- Make sure your child has 8–10 cups of water every day. This includes water from all sources like other drinks and food
- Water is the best choice, but you can also give them other drinks (e.g. unsweetened milk), fruit and vegetables that contain water (e.g. cucumber, tomatoes, spinach, mushroom, melon, broccoli, Brussels sprouts, oranges, apples, blueberries), and avoid giving them sweetened fruit juices, syrups, fruit juice concentrates, fizzy and still drinks as they all contain sugar

Source: WHO

Key Messages on Food Safety

At the store or market:

- Choose produce that isn't bruised or damaged
- Keep pre-cut fruits and vegetables cold by choosing produce that is refrigerated or kept on ice
- Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags

At home:

- Wash your hands, kitchen utensils, and food preparation surfaces, including chopping boards and countertops, before and after preparing fruits and vegetables
- Clean fruits and vegetables external icon before eating, cutting, or cooking, unless the package says the contents have been washed
- Wash or scrub fruits and vegetables under running water—even if you do not plan to eat the peel. Germs on the peeling or skin can get inside fruits and vegetables when you cut them
- Washing fruits and vegetables with soap, detergent, or commercial produce wash is not recommended. Do not use bleach solutions or other disinfecting products on food
- Cut away any damaged or bruised areas before preparing or eating
- Dry fruit or vegetables with a clean paper towel
- Keep fruits and vegetables separate from raw foods that come from animals, such as meat, poultry, and seafood
- Refrigerate fruits and vegetables within 2 hours after you cut, peel, or cook them (or 1 hour if the outside temperature is 90° or warmer). Chill them at 40°F or colder in a clean container

Key Messages on Immunization



- Vaccinate newborns in maternity set up, before discharge. BCG, OPV and Hepatitis B vaccines are to be administered
- Prioritize primary vaccination series: DPT, Hep B, Hib, OPV/IPV, Rotavirus vaccines, PCV, Influenza, Varicella and MR/MMR. Avoid postponing these vaccines
- Prioritize pneumococcal and Influenza vaccine to vulnerable groups. Healthcare personnel should be up to date in their age appropriate vaccinations
- Typhoid conjugate vaccines may be clubbed with the influenza vaccine at 6 months or MR/MMR at 9 months
- Inactivated JE vaccines (where applicable) should be administered at 1 year
- Hepatitis A vaccines and HPV vaccines may be postponed to a later date if logistic issues of transport, etc., exist. They may be administered after the priority vaccines have been given
- Multiple vaccines can be administered in the same session without fear of any increased adverse effects
- Boosters may be postponed to a later date, if logistic issues of transport, etc. exist
- If a child is in a healthcare facility for any reason, this opportunity should be utilized for administering any eligible vaccine

Sources: WHO, ACVIP Guidelines on Immunizations during COVID 19 Pandemic, IAP

Key Messages on Child Care

- CDC recommends that everyone 2 years and older wear a cloth face covering that covers their nose and mouth when they are out in the community. **Because of the danger of suffocation, do NOT put cloth face coverings on babies or children younger than 2 years.** Cloth face coverings should also not be worn by anyone who has trouble breathing, is unconscious, can't move, or is otherwise unable to remove the face covering without assistance
- If you or your baby or young child has suspected or confirmed COVID-19, follow these basic protective measures. It is important that each of you follows these measures before and after you have contact with each other
- Regularly and thoroughly wash hands with soap and water or clean them with an alcohol-based hand rub
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze, then dispose of the used tissue immediately. Teach your child to do the same
- Avoid touching eyes, nose and mouth (hands touch many surfaces and can pick up viruses)

Key Messages on Child Care



- If you or your child have respiratory symptoms such as shortness of breath, the affected person should wear a medical mask and seek medical help, especially with shortness of breath.
- Stay at home if you or your child feels unwell, even with mild symptoms such as a headache and a slight runny nose, until fully recovered.
- If fever, cough and difficulty breathing develop, seek medical advice immediately as this may be due to a respiratory infection or other serious condition. Call in advance – do not visit a clinic or hospital without calling first.
- Stay at least 1 metre away from anyone who is coughing or sneezing.

