

Coronavirus - information for OBS service users

For the latest UK advice on coronavirus, visit

www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public

For updates on OBS sessions, visit www.oxbreastfeedingsupport.org/index.php

If you are worried about yourself or your baby, please call NHS 111 (or 999 if seriously worried).

What is coronavirus?

Coronavirus (COVID-19) is a new virus that can cause infection in your nose, sinuses or throat. The symptoms of coronavirus are:

- a cough
- a high temperature
- shortness of breath

These symptoms do not necessarily mean you have COVID-19. The symptoms are similar to other illnesses that are much more common, such as cold and flu. Coronavirus is likely to have more severe symptoms, including pneumonia, in people with low or weak immune systems and people who suffer with long term conditions such as cancer, chronic lung disease and diabetes. In the UK, the Chief Medical Officer has raised the risk to the public from low to moderate, but the risk to individuals remains low.

Coronavirus and breastfeeding - information from Unicef

All mothers in affected and at-risk areas who have symptoms of fever, cough or difficulty breathing, should seek medical care early, and follow instructions from a health care provider.

Considering the benefits of breastfeeding and the insignificant role of breastmilk in the transmission of other respiratory viruses, the mother can continue breastfeeding, while applying all the necessary precautions.

For symptomatic mothers well enough to breastfeed, this includes wearing a mask when near a child (including during feeding), washing hands before and after contact with the child (including feeding), and cleaning/ disinfecting contaminated surfaces – as should be done in all cases where anyone with confirmed or suspected COVID-19 interacts with others, including children.

If a mother is too ill, she should be encouraged to express milk and give it to the child – all while following the same infection prevention methods.

www.unicef.org/stories/novel-coronavirus-outbreak-what-parents-should-know



Registered charity 1176948

OBS drop-in sessions

All our drop-in sessions will be open as usual, as long as our venues remain available and unless government advice changes. In the event of school closures, some of our venues may need to close. Please check our website before setting out:

www.oxbreastfeedingsupport.org/index.php

If you have symptoms, please stay away from drop-in sessions.

OBS offers support via Facebook

www.facebook.com/groups/OxBreastfeedingSupport/ (private group for people in Oxfordshire who are pregnant/breastfeeding/lactating).

If sessions have to shut because of school closures or other government actions, we will be able to offer some individual support by telephone, video or messenger services. You will see details on our website and Facebook group if this happens.

Minimising the spread of coronavirus

Do

- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately
- wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available
- try to avoid close contact with people who are unwell

Do not

- touch your eyes, nose or mouth if your hands are not clean

www.nhs.uk/conditions/coronavirus-covid-19/

OBS team & trustees
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Supporting your family from pregnancy to weaning