



## Breastfeeding

### Benefits of breastfeeding:

- ◆ Reduces illness and risk of infections - makes your baby healthy and strong
- ◆ Enhances brain development - makes your baby/child smart
- ◆ Reduces cancer risks in mothers - the longer you breastfeed the lower the risk

### Breastfeeding tips for best results:

- ◆ Starting within 1 hour of birth protects babies from many types of infections
- ◆ Breastfeed for two years and beyond
- ◆ Breastmilk alone is the best for the first six months. At six months, start introducing solid foods along with breastmilk.

### Breastfeeding during illness or infections:

- ◆ Mothers infected with COVID-19, continue to breastfeed and take preventive measures: wear a mask and wash hands
- ◆ Sick children need more fluids and food. Breastfeed more often and let the child drink a lot and eat small, frequent meals.
- ◆ After illness, babies/children need extra meals each day to re-gain weight.
- ◆ If your baby or young child is not gaining weight or is too thin, ask a health worker to screen your baby for malnutrition.

**Respiratory infections like COVID-19  
are not transmitted  
through breast milk!**

**A healthy lifestyle and diet are a necessity for a strong immune system!**



Yet, some families simply cannot afford a healthy diet.

These are difficult times.

Let us care and support those in need, especially children, the elderly and those with disabilities.

We can already see more and more positive initiatives arising, and NAFSAN will provide a variety of resources on our website:

[www.nafsan.org](http://www.nafsan.org)



**@NAFSANamibia**  
**#Covid19Nam**  
**#Covid19andnutrition**



You also find useful information at

[www.rightstart.com.na](http://www.rightstart.com.na)

[www.facebook.com/rightstartnam](https://www.facebook.com/rightstartnam)

**COVID-19 Hotline: 0800 100 100**

NAFSAN is a Namibian alliance of civil society, academia, private sector and committed individuals, and is part of a global movement to eradicate malnutrition.

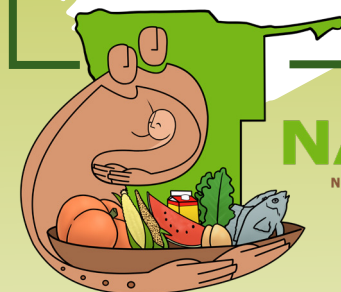
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## Nutrition and Food Safety during Covid-19

### INFORMATION & GUIDELINES



**NAFSAN**  
Nutrition and Food Security Alliance of Namibia

IN COLLABORATION WITH:



## Things to DO

- ◆ Eat a variety of foods and at least three meals a day
- ◆ Eat vegetables and fruit every day
- ◆ Eat beans or meat regularly, and eat more fish
- ◆ Use whole-grain products and foods that have added vitamins and minerals
- ◆ Use salt sparingly and when you do, use only iodised salt



## Food SAFETY

It is very unlikely that you will catch COVID-19 from food, but you can still get other diseases if food is not handled safely.

This can cause a weaker immune system.

**Here are 5 practices for food safety when preparing and eating food:**

- 1) Keep hands, utensils and surfaces clean
- 2) Keep food at a safe temperature
- 3) Separate raw and cooked food
- 4) Cook food thoroughly
- 5) Use clean and safe water or treat it to make it safe for washing fruits and vegetables, especially when eaten raw.



## Things to AVOID

Smoking	takes away nutrients and it weakens your lungs and immune system
Alcohol	weakens your immune responses and leaves you with less money for healthy food
Sugar	avoid or reduce sugary 'cool drinks' and sweet snacks
Too much oil	only use small amounts of healthy fats and oils, e.g. sunflower, olive and peanut oil
Too much salt	as in popular fast food and salty snacks



## Hand WASHING

**Hand washing continues to be one of the important actions to take to protect yourself and others from getting sick!**

Wash your hands with water and soap at these times:

- ◆ After coughing and sneezing
- ◆ When caring for the sick
- ◆ Before touching your baby, and before and after every diaper change
- ◆ After toilet use
- ◆ Before, during and after preparing food, and before eating
- ◆ After handling animals or animal and other waste
- ◆ When you see your hands are dirty

## Vitamin and Mineral Supplementation

**Our immune system needs many nutrients and a healthy diet with a variety of food is best, yet you can provide additional support to your immune system:**

- ◆ Spend at least 20 minutes a day in the sun for at least 3 days per week for your Vitamin D supply.
- ◆ Supplement with a daily multi-vitamin and mineral supplement, which includes all vitamins and minerals, incl. Vitamin C and D, Zinc and Selenium.
- ◆ If you are pregnant or breastfeeding, take daily iron and folic acid supplements or a daily multi-vitamin and mineral supplement.
- ◆ Children can take daily multi-vitamin and mineral supplements designed for children. Also keep accessing regular health and nutrition services for your child, including:

6-59 months = Vitamin A, every six months

12-59 months = Deworming, every 6 months.

Under 5 years old with diarrhea = Zinc supplement along with oral rehydration solution.

- ◆ Ask a health worker/professional how to gain access to these vitamin and mineral supplements.

**Prioritize your diet for a stronger immune system:**

**Eat healthy!**

**Drink lots of water!**

**Exercise!**

**A healthy diet can also help improve your mental health**